# DOCUMENT RESUME

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ABSTRACT

This document, one of eight in a multi-cultural competency-based vocational/technical curricula series, is on food service. This program is designed to run 24 weeks and cover 15 instructional areas: orientation, sanitation, management/planning, preparing food for cooking, preparing beverages, cooking eggs, cooking meat, cooking vegetables, preparing food for serving, salad, sandwiches, breakfast, soups and sauces, baking, and dining area and kitchen maintenance. A duty-task index lists competencies in each instructional area that the student should be able to perform at the end of the program. For example, in the preparing food for cooking section, a student should be able to (1) season and bread meats, seafood, and fowl for baking, roasting, broiling or frying; (2) trim, cut, or shred fruits and vegetables; and (3) wrap foods for baking. In section 1, each instructional task area contains a list of performance objectives, evaluation criterion, performance guide, and a list of tasks to be covered. In section 2, the introduction and duty-task index is repeated in English, Spanish, and Laotian. In section 3, a listing of technical terms concerning food service are listed in English, Spanish, and Laotian. (CT)

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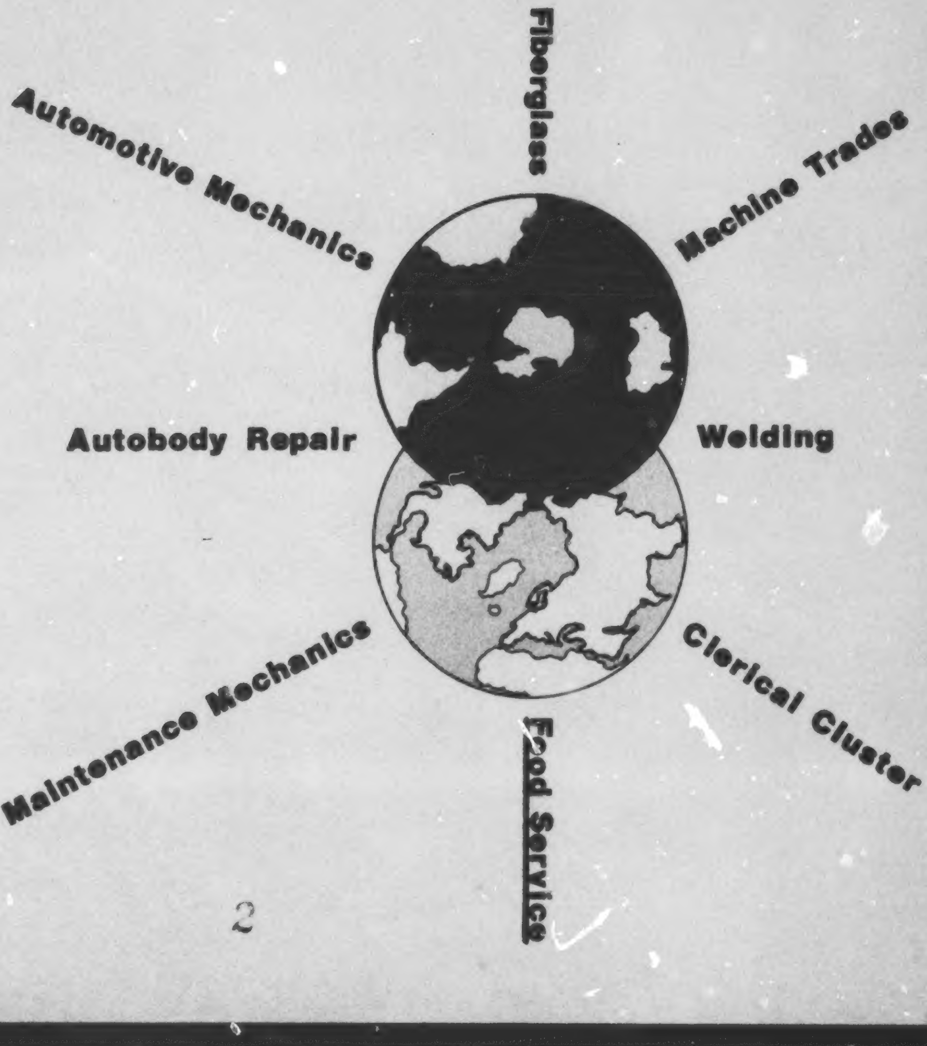
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    FOOD SERVICE

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    English
    Spanish
    Laotian

IV. Technical Lexicon:
    English
    English/Spanish
    English/Laotian

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Product Abstract

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1. Competency-Based Curriculum in VESL.
2. Program Introduction and Outline in English; Laotian; and Spanish.
3. Lexicon of Technical Terms in VESL; English-Laotian; and English-Spanish versions.

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# COMPETENCY-BASED CURRICULUM SERIES

## FOOD SERVICE

CAREER DEVELOPMENT CENTER
SCHOOL OF TECHNICAL CAREERS
SOUTHERN ILLINOIS UNIVERSITY
CARBONDALE, ILLINOIS

COMPETENCY-BASED VOCATIONAL/TECHNICAL CURRICULUM SERIES

# FOOD SERVICE

MASAKO T. SHIN, CURRICULUM SPECIALIST, STC, SIU-C

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June 1981

ARDEN L. PRATT, DEAN
E. HOLLIS MERRITT, ASST. DEAN
LARRY HEPBURN, CENTER DIRECTOR

## OUR GOAL

TO ACHIEVE THE MAXIMUM IN THE MINIMUM TIME

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## INTRODUCTION

The food service program runs 24 weeks and is designed to provide the student with basic principles and skills for cooking. The class meets 2 hours each day in a related education class (a basic education class where the student can refresh and/or improve the reading/English/mathematics skills necessary for vocational training and for adequate performance at entry level employment) or in a G.E.D. class (a General Education Development program to prepare the student for a high school equivalency test), and 6 hours in a cooking class 5 days a week.

The student's daily activities in the food service program consist of one hour of lecture/discussion on orientation, purchasing and storage, care of dining facility, inventory control, sanitation, kitchen tools and equipment as preparation for the "Food Service Handler's Certificate"; 4 hours of preparation and serving of lunch, which comprises a cafeteria-style lunch line for a complete meal (entrée, vegetables, salad, bread, and dessert), a chef's salad lunch, a short order lunch or breakfast food; and a 20 minute evaluation of the day's work with constructive criticism from both the instructor and the classmates. The student's assignment rotates weekly among the six areas of kitchen duties: (1) meat preparation, (2) vegetable preparation, (3) salad/sandwich/breakfast preparation, (4) bread baking, (5) dessert preparation and (6) beverage and

and table set-up.

Upon completion of the program, the student will be able to estimate food requirements, regulate ovens properly, measure ingredients accurately, prepare food in a consistent manner, and make a correct determination regarding the taste and doneness of the food being cooked. The program's goal is the training of the student for entry level employment as a cook's helper at institutions, such as hotels, restaurants, schools, hospitals, nursing homes, etc.

# FOOD SERVICE: DUTY-TASK INDEX

## I. ORIENTATION

1. Dress for food handling.
2. Identify kitchen tools and equipment.
3. Study the food service glossary.
4. Learn measuring equivalents, can sizes and dipper sizes.
5. Make recipe file.

## II. SANITATION

1. Learn the importance of proper sanitation, the cause of food borne illnesses and the symptoms of food borne illnesses.
2. Learn how to store, thaw, display and transport food.
3. Learn the importance of food service employee health and cleanliness.
4. Learn the sanitary requirements for food service physical facilities and equipment.
5. Learn how to clean and sanitize dishes and equipment and how to perform proper pest control.
6. Learn how to set up and manage a sanitation and safety program.

## III. MANAGEMENT/PLANNING

1. Inspect incoming food and beverages for quality and freshness.
2. Check out supplies from storeroom, cooler and freezer.
3. Weigh and measure staple ingredients.
4. Convert recipe to larger or smaller product.
5. Plan menus.
6. Plan menus to utilize leftovers.
7. Take over duties of head chef in his absence.
8. Store food.

## IV. PREPARE FOOD FOR COOKING

1. Season and bread meats, seafood, and fowl for baking, roasting, broiling or frying.
2. Trim, cut, or shred fruits and vegetables.
3. Wrap foods for baking.

## FOOD SERVICE: DUTY-TASK INDEX

### V. PREPARE BEVERAGES

1. Prepare coffee.
2. Prepare drink mix.
3. Prepare tea.
4. Prepare hot chocolate.

### VI. COOK EGGS

1. Boil eggs.
2. Poach eggs.
3. Fry eggs.
4. Cook eggs by scrambling.
5. Prepare omelet.

### VII. COOK MEAT

1. Bake (Roast) meat or fowl.
2. Barbeque meat or fowl.
3. Braise meat or fowl.
4. Fry meat or fowl.
5. Stew or steam meat or fowl.

### VIII COOK VEGETABLES

1. Bake vegetables and fruits.
2. Boil, simmer or steam vegetables.
3. Boil, simmer or steam fruits.
4. Cook vegetables by deep fat frying.
5. Sauté vegetables.
6. Mash potatoes.

### IX. PREPARE FOOD FOR SERVING

1. Add finishing touches to prepared foods.
2. Slice cooked meats and other cold cuts by hand.
3. Slice cooked meats and other cold cuts by using electric slicing machine.
4. Spread icings on sheet cakes.
5. Cut cakes and pies.
6. Plate cakes and pies.

## FOOD SERVICE: DUTY-TASK INDEX

### X. SALAD

1. Prepare fruit salads.
2. Make gelatin salads.
3. Prepare main dish salad: chef's salad; meat salad.
4. Prepare vegetable salads: slaw; bean; and/or potato.
5. Prepare salad dressings: Thousand Island; French; Bleu Cheese.

### XI. SANDWICHES

1. Prepare sandwich.
2. Prepare open-face sandwich.

### XII. BREAKFAST

1. Make toast.
2. Make pancakes.
3. Make French toast.

### XIII. SOUPS AND SAUCES

1. Prepare soup stock.
2. Make gravies.
3. Make white or cheese sauce.
4. Make Hollandaise sauce.
5. Make thin soup.
6. Make thick soup.

### XIV. BAKING

1. Make biscuits.
2. Make corn bread.
3. Make muffins.
4. Make cookies.
5. Make cobbler.
6. Prepare fillings for pies.
7. Make pastry (pie crust).
8. Make cakes.
9. Prepare glazes.
10. Prepare cake icings.
11. Make yeast breads.
12. Make a two-crust fruit pie.
13. Make a soft pie.

XIV. BAKING (cont.)

14. Make a meringue.
15. Make a quick loaf bread.
16. Make a graham cracker crust.

XV. DINING AREA AND KITCHEN MAINTENANCE

1. Wash pots and pans by hand.
2. Wash dishes, glasses, silverware, trays, pots, and pans by machine.
3. Clean floors, windows. woodwork and counters.
4. Clean and sanitize kitchen tables.
5. Clean and care for equipment.

# FOOD SERVICE

## I. ORIENTATION

Tasks Covered:

1. Dress for food handling.
2. Identify kitchen tools and equipment.
3. Study the food service glossary.
4. Learn measuring equivalents, can sizes and dipper sizes.
5. Make recipe file.

DUTY: ORIENTATION

TASK: Dress for food handling.

---

## Performance Objectives:

Given a lecture/demonstration on the proper working attire for food handlers, the student will report to work each day dressed in proper clothing.

## Evaluation Criterion:

The student will report to class each day in proper attire for work, to meet the instructor's approval.

## Performance Guide:

1. Participate in a lecture/discussion on how to dress properly for work in food service facilities.
2. Have the instructor/classmates rate your attire for appropriateness.

DUTY: ORIENTATION

TASK: Identify kitchen tools and equipment.

---

Performance Objectives:

Given a list of kitchen tools and equipment, and an appropriate demonstration on their identification, the student will identify the tools and equipment of the kitchen.

Evaluation Criterion:

The student will identify and locate the various kitchen tools and equipment, to the satisfaction of the instructor.

Performance Guide:

1. Study the list of kitchen tools and equipment, and know how to pronounce each name clearly.
2. Complete the study sheets matching the names with the drawings of the tools and equipment to be identified.
3. Learn the proper use and purposes of the tools and equipment.
4. Pass the instructor's oral examination on the identification of kitchen tools and equipment.

## DUTY: ORIENTATION

### TASK: Study the food service glossary.

---

Performance Objectives:

Given a lexicon of food service terms and necessary instruction, the student will learn the food service terms to improve his performance in the kitchen area.

Evaluation Criterion:

The student will learn various food service terms to the satisfaction of the instructor.

Performance Guide:

1. Learn how to use the lexicon.
2. Become familiar with various trade terms in order to understand and follow directions better.
3. Participate in group study of the food service terms.
4. Complete the study sheets and test on the terms.

DUTY: ORIENTATION

TASK: Learn measuring equivalents, can sizes and dipper sizes.

---

Performance Objectives:

Given a lecture/demonstration presentation and practice assignments, the student will learn measuring equivalents, can sizes and dipper sizes.

Evaluation Criterion:

The student will demonstrate his understanding of measuring equivalents, can sizes and dipper sizes by completing the study sheets and tests to the satisfaction of the instructor.

Performance Guide:

1. Participate in the lecture/demonstration on proper measuring methods and their equivalents.
2. Complete the study sheets and test.

DUTY: ORIENTATION

TASK: Make recipe file.

---

Performance Objectives:

Given a lecture and samples of recipe files, the student will develop his personal recipe file.

Evaluation Criterion:

The student will develop and maintain his personal recipe file to meet the instructor's approval.

Performance Guide:

1. Study various methods of keeping a recipe file.
2. Develop and build up a personal recipe file.

## FOOD SERVICE

## II. SANITATION

Tasks Covered:

1. Learn the importance of proper sanitation, the cause of food borne illnesses and the symptoms of food borne illnesses.
2. Learn how to store, thaw, display and transport food.
3. Learn the importance of food service employee health and cleanliness.
4. Learn the sanitary requirements for food service physical facilities and equipment.
5. Learn how to clean and sanitize dishes and equipment and how to perform proper pest control.
6. Learn how to set up and manage a sanitation and safety program.

## DUTY: SANITATION

**TASK:** Learn the importance of proper sanitation, the cause of food borne illnesses and the symptoms of food borne illnesses.

---

### Performance Objectives:

Given a lecture and reading assignments, the student will demonstrate his or her knowledge of where bacteria are found, how food becomes contaminated, the potentially hazardous foods, and the incubation period, the duration, the sources and the symptoms of food borne illnesses.

### Evaluation Criterion:

The student will complete the test and correct any errors to the satisfaction of the instructor.

### Performance Guide:

1. Complete the reading assignments and study sheets to learn about:
    a. What is a food borne illness?
    b. Where are the contaminating micro-organisms found?
    c. How does food become contaminated?
    d. What are the conditions under which bacteria grow?
    e. How can bacteria be killed?
    f. What are the potentially hazardous foods?
    g. What is the incubation period, duration, food sources and symptoms of each food borne illness?
    h. How should pesticides and germicides be stored?
2. Complete the test on bacteria and food borne illnesses.

## DUTY: SANITATION

### TASK: Learn how to store, thaw, display and transport food.

---

Performance Objectives.

Given a reading assignment and lecture/discussion, the student will learn the proper methods of food storage, thawing, displaying and transporting food.

Evaluation Criterion:

The student will complete the study sheets and the test on the task and follow proper practice in daily performance to the satisfaction of the instructor.

Performance Guide:

1. Participate in lecture/discussion.
2. Complete the reading assignments and study sheet to learn about:
   a. Inspection of protein foods.
   b. Signs of deterioration in foods, both fresh and canned.
   c. Dry food storage: temperature, time, facilities.
   d. Refrigerator storage: temperature, placement.
   e. Freezer storage: temperature, time, wrapping.
   f. How to thaw frozen foods.
   g. Requirements for food transportation.
   h. Correct temperatures and display of prepared foods.
3. Complete the test on storing, thawing, and display of food.
4. Practice correct procedures in daily performance.

DUTY: SANITATION

TASK: Learn the importance of food service employee health and cleanliness.

---

Performance Objectives:

Given a lecture and reading assignment, the student will learn the importance of personal health and cleanliness.

Evaluation Criterion:

The student will complete the test on personal hygiene and follow sanitary practices in daily performance to the satisfaction of the instructor.

Performance Guide:

1. Complete the reading assignment and participate in class discussion to learn about:
   a. Proper hand washing procedure.
   b. Personal cleanliness.
   c. Proper attire for work.
   d. What to do whenever an employee contaminates the food.
2. Complete the test on personal hygiene.
3. Have the instructor check attire and personal habits.

DUTY: SANITATION

TASK: Learn the sanitary requirements for food service physical facilities and equipment.

---

Performance Objectives:

Given a reading assignment and lecture/discussion on proper food service physical facilities and equipment, the student will learn the acceptable conditions.

Evaluation Criterion:

The student will participate in class discussion to demonstrate his understanding of the sanitary requirements for physical facilities and equipment and complete the test, to the satisfaction of the instructor.

Performance Guide:

1. Complete the reading assignment and the study sheets to learn about the sanitary requirements for:
   a. Floor, ceiling, and wall coverings.
   b. Plumbing.
   c. Lavatory and toilet facilities.
   d. Garbage disposal.
2. Complete the test on physical facilities.

DUTY: SANITATION

TASK: Learn how to clean and sanitize dishes and equipment and how to perform proper pest control.

---

## Performance Objectives:

Given a reading assignment and lecture/discussion, the student will learn the proper cleaning and sanitizing techniques and proper pest control.

## Evalaution Criterion:

The student will complete the test on the proper cleaning of dishes and equipment and proper pest control and also demonstrate his knowledge by practicing the proper techniques in daily performance, to the satisfaction of the instructor.

## Performance Guide:

1. Complete the reading assignments to learn how to:
   a. Clean and sanitize food contact surfaces.
   b. Supervise a sanitation program.
   c. Control pests.
2. Complete the test on cleaning.
3. Have the instructor check your job performance.

DUTY: SANITATION

TASK: Learn how to set up and manage a sanitation and safety program.

---

Performance Objectives:

Given a reading assignment and lecture/discussion, the student will learn how to organize, carry out and evaluate a sanitation and safety program.

Evaluation Criterion:

The student will complete the test on the management of a sanitation and safety program and demonstrate his understanding in daily performance, to the satisfaction of the instructor.

Performance Guide:

1. Complete the reading assignment to learn about:
   a. how a customer evaluates a food service establishment.
   b. the importance of the regulatory authorities.
   c. how to prevent accidents.
2. Complete a test on sanitation programs.
3. When ready, take the State Food Service Sanitation test.

## III. MANAGEMENT/PLANNING

Tasks Covered:

1. Inspect incoming food and beverages for quality and freshness.
2. Check out supplies from storeroom, cooler and freezer.
3. Weigh and measure staple ingredients.
4. Convert recipe to larger or smaller product.
5. Plan menus.
6. Plan menus to utilize leftovers.
7. Take over duties of head chef in his absence.
8. Store food.

DUTY: MANAGEMENT/PLANNING

TASK: Inspect incoming food and beverages for quality and freshness.

---

Performance Objectives:

Given an assignment with proper instruction, the student will inspect the shipment of incoming food and beverages, and make the report to the instructor.

Evaluation Criterion:

The student will inspect the incoming foods and beverages for quality and freshness to the satisfaction of the instructor.

Performance Guide:

1. Participate in the lecture/discussion on food quality control.
2. Complete the reading assignments on the topic.
3. Complete the study sheets and tests on food quality.
4. Inspect foods.
5. Make an oral report to the instructor as to the condition of the incoming foods and beverages.

DUTY: MANAGEMENT/PLANNING

TASK: Check out supplies from storeroom, cooler and freezer.

---

Performance Objectives:

Given the necessary instructions and a list of supplies needed, the student will check out items on the list from storeroom, cooler, and freezer.

Evaluation Criterion:

The student will check out items on a list from storeroom, cooler and freezer without mistake.

The items must be checked out and recorded on forms as each item is taken out of the storage area.

Performance Guide:

1. Check out items from the designated areas: Follow the cardinal rule of food storage - "First in, first out."
2. Record the items checked out on the form as instructed to indicate the balance of items in storage.

DUTY: MANAGEMENT/PLANNING

TASK: Weigh and measure staple ingredients.

---

Performance Objectives:

Given the necessary weighing and measuring equipment, the student will measure and weigh both liquid and dry ingredients as required by the instructor.

Evaluation Criterion:

The student will measure and weigh both dry and liquid ingredients to the satisfaction of the instructor.

Performance Guide:

1. Select the appropriate measuring and weighing equipment.
2. Weigh or measure dry/liquid ingredient as instructed.
   a. Use proper type of cup for the ingredient.
   b. Spoon dry ingredients lightly into measuring cup.
   c. Level off the measuring cup or spoons containing dry ingredients with a straight edge.
   d. Measure the liquid ingredient on a level surface.
   e. Measure the liquid at eye level.
   f. Make sure the scale is properly balanced before weighing in.
   g. Take an accurate reading and record.

DUTY: MANAGEMENT/PLANNING

TASK: Convert recipe to larger or smaller product.

---

Performance Objectives:

Given a recipe and proper instructions, the student will convert the recipe to a product larger than the original recipe or reduce the recipe.

Evaluation Criterion:

The student will convert a given recipe to larger or smaller product.

The recipe must be converted to the correct amount and unit of measure with 100% accuracy.

Performance Guide:

1. Convert each ingredient in the recipe to the desired multiples of the original amount in the recipe.
2. Reduce each ingredient in the recipe to the desired portion of the amount in the recipe.
3. Know how to determine the number of servings (portions) that can be taken from the recipe or a given size.
4. Know the meaning of following terms:
   a. Double or triple the recipe.
   b. Cut the recipe in half or fourth.

DUTY: MANAGEMENT/PLANNING

TASK: Plan menus.

---

Performance Objectives:

Given a list of food items, sample menu forms, and the necessary instruction, the student will plan and write menus.

Evaluation Criterion:

The student will plan and write menus to the satisfaction of the instructor.

Performance Guide:

1. Select the foods to be included in each menu.
    a. Select foods from four basic food groups.
    b. Select a protein food for the main dish in each menu.
    c. Select menu offerings to give contrast in form, texture, flavor, color or temperature.
    d. Plan menus according to the customer's ability to pay.
    e. Plan menus according to the food habits and preference of those to be served.
    f. Plan foods to be prepared within the available time and the equipment on hand.
2. Write each menu in correct order and form.
    a. Capitalize all words except articles and prepositions.
    b. Arrange food items in the order in which they are eaten in a meal.
    c. Utilize space, print and other factors that would give rapid comprehension.
    d. Give the main course the most prominent placement in the menu.
    e. List condiments only when they are special.
    f. Use accurate descriptions and terms.
    g. List beverage as the last item of the course with which it is served.

DUTY: MANAGEMENT/PLANNING

TASK: Plan menus to utilize leftovers.

---

Performance Objectives:

Given a list of foods including leftover food items and the necessary instruction, the student will plan menus utilizing the leftovers.

Evaluation Criterion:

The student will utilize the leftover food items in planning menus to the satisfaction of the instructor.

Performance Guide:

1. Select foods to be used in menus.
2. Determine the number of servings that can be made up with the leftover materials.
3. Disguise (modify) the leftover food attractively and tastefully.

DUTY: MANAGEMENT/PLANNING

TASK: Take over duties of head chef in his absence.

---

Performance Objectives:

Given a mock-up situation in which the student is required to take over the duties of a head chef supervising other cooks, and cook's helpers, the student will perform the head chef's duties.

Evaluation Criterion:

The student will take over the head chef's duties to the satisfaction of the instructor.

Performance Guide:

1. Plan and organize work schedule.
2. Plan and write menus.
3. Calculate the amount of food needed for the day.
4. Provide the workers with menus and correct instruction.
5. Supervise the preparation of food.
6. Check the prepared food for meeting the required standard.

DUTY: MANAGEMENT/PLANNING

TASK: Store food.

---

Performance Objectives:

Given food items from the various categories, the student will store food according to the rules and proper procedures for storage.

Evaluation Criterion:

The student will store given food items properly to the satisfaction of the instructor.

Performance Guide:

1. Assemble and sort all food items to be stored.
2. Label all food items, giving the purchase date.
3. Place foods in proper storage area:
    a. Seal the fresh dairy products airtight and place them in the refrigerator.
    b. Store meat in either refrigerator or freezer.
    c. Store staples in a dry place free from extreme heat and moisture.
    d. Store the frozen food in an airtight container in the freezer.
4. Arrange the food items in storage so that older items will be used first.
5. Store all foods of the same category together.

## IV. PREPARE FOOD FOR COOKING

Tasks Covered:

1. Season and bread meats, seafood, and fowl for baking, roasting, broiling or frying.
2. Trim, cut, or shred fruits and vegetables.
3. Wrap foods for baking.

## DUTY: PREPARE FOOD FOR COOKING

TASK: Season and bread meats, seafood, and fowl for baking, roasting, broiling or frying.

---

### Performance Objectives:

Given a recipe, the necessary equipment, supplies, and food items, the student will season and bread meat, seafood and fowl for cooking.

### Evaluation Criterion:

The student will prepare (season and bread) meat, seafood, and fowl for baking, or frying.

The food item must be breaded so that the breading will completely cover the entire surface area for even browning.

### Performance Guide:

1. Season the item as required by recipe.
2. Dip meat, or fowl in bread crumbs or flour.
3. Dip meat, seafood, or fowl in beaten egg.
4. Dip meat, seafood or fowl again in fine bread crumbs.

## DUTY: PREPARE FOOD FOR COOKING

### TASK: Trim, cut, and/or shred fruits and vegetables.

---

**Performance Objectives:**

Given the necessary equipment and supplies, the student will trim, cut and/or shred various fruits and vegetables.

**Evaluation Criterion:**

The student will trim, cut and/or shred the designated fruits and vegetables to the satisfaction of the instructor.

The student will cut/shred the vegetables either by machine or hand.

**Performance Guide:**

1. Trim fruits and vegetables.
2. Cut and/or shred the fruits and vegetables.

DUTY: PREPARE FOOD FOR COOKING

TASK: Wrap foods for baking.

---

Performance Objectives:

Given proper instruction, the supplies and food items, the student will wrap the food items for baking.

Evaluation Criterion:

The student will wrap the food items for baking to the satisfaction of the instructor.

Performance Guide:

1. Tear off only the necessary amount of foil for each food item.
2. Wrap the food in foil with the shiny side of the foil to the inside.
3. Wrap the entire area of the food, covering neatly.

## FOOD SERVICE

### V. PREPARE BEVERAGES

Tasks Covered:

1. Prepare coffee.
2. Prepare drink mix.
3. Prepare tea.
4. Prepare hot chocolate.

DUTY: PREPARE BEVERAGES

TASK: Prepare coffee.

---

## Performance Objectives:

Given appropriate instruction, the student will prepare coffee.

## Evaluation Criterion:

The student will prepare coffee to the satisfaction of the instructor.

## Performance Guide:

1. Check whether all equipment is clean.
2. Pour a required amount of water into coffee maker.
3. Measure coffee accurately into filter in coffee maker.
4. Start coffee maker.
5. Hold at serving temperature.

## DUTY: PREPARE BEVERAGES

### TASK: Prepare drink mix.

---

Performance Objectives:

Given necessary supplies and instruction, the student will prepare drink mix.

Evaluation Criterion:

The student will prepare drink mix to the satisfaction of the instructor.

Performance Guide:

1. Fill the beverage container with four gallons of cold water.
2. Measure a proper amount of drink mix powder and add to cold water.
3. Measure and add sugar if called for.
4. Mix well.
5. Cover until serving time.

## DUTY: PREPARE BEVERAGES

### TASK: Prepare tea.

---

**Performance Objectives:**

Given necessary supplies and instruction, the student will prepare tea.

**Evaluation Criterion:**

The student will prepare tea to the satisfaction of the instructor.

**Performance Guide:**

1. Fill the beverage container with four gallons of cold water.
2. Add 1 cup of instant tea and 2 cups of sugar.
3. Mix well.
4. Cover until serving time.

## DUTY: PREPARE BEVERAGES

### TASK: Prepare hot chocolate.

---

**Performance Objectives:**

Given necessary supplies and instruction, the student will prepare hot chocolate.

**Evaluation Criterion:**

The student will prepare hot chocolate to the satisfaction of the instructor.

**Performance Guide:**

1. Place 10 cups of hot water in a gallon measuring cup.
2. Add 1 7/8 cups of hot chocolate mix.
3. Stir until the mix is completely dissolved.
4. Pour the hot chocolate into a serving pot and place on a warmer until serving time.

## VI. COOK EGGS

Tasks Covered:

1. Boil eggs.
2. Poach eggs.
3. Fry eggs.
4. Cook eggs by scrambling.
5. Prepare omelet.

DUTY: COOK EGG

TASK: Boil eggs.

---

Performance Objectives:

Given proper instruction, supplies, and eggs, the student will prepare eggs by simmering to the hard-boiled stage.

Evaluation Criterion:

The student will prepare eggs by simmering to the hard-boiled stage.

The egg whites should be glossy-white and firm; the yolks should be uniformly coagulated (bright yellow color without any dark color on the outside of the yolk).

Performance Guide:

1. Place eggs in a sauce pan.
2. Cover eggs in the sauce pan with water.
3. Heat to boiling.
4. Remove from heat. Cover tightly and let stand for 15 minutes.
5. Cool in cold running water.
6. Peel the shell.

## DUTY: COOK EGG

### TASK: Poach eggs.

---

**Performance Objectives:**

Given proper instruction, the necessary equipment, and eggs, the student will prepare eggs by poaching.

**Evaluation Criterion:**

The student will prepare eggs by poaching.

The poached eggs must have a bright appearance with some shiny white adhering closely to the bright yolk.

**Performance Guide:**

1. Put about 2 inches of liquid in a shallow pan.
2. Bring the liquid to a boil; then reduce heat to simmer.
3. Break an egg into a dish.
4. Pour the egg gently from the dish into the simmering liquid.
5. Cook 3-5 minutes.
6. Remove the egg from the pan with a skimmer when whites are coagulated.
7. Drain the egg.

DUTY: COOK EGG

TASK: Fry eggs.

---

Performance Objectives:

Given proper instruction, the necessary equipment, and eggs, the student will prepare eggs by frying.

Evaluation Criterion:

The student will fry eggs to the satisfaction of the instructor.

The egg must be shiny, soft with no hard edges, and tender, not rubbery.

Performance Guide:

1. Place a small amount of fat in the frying pan.
2. Heat the fat until a drop of water sizzles when added.
3. Break an egg into a separate container.
4. Place the egg in the frying pan.
5. Cook 3 to 4 minutes, basting and turning if desired.

DUTY: COOK EGGS

TASK: Cook eggs by scrambling.

---

Performance Objectives:

Given proper instruction, the necessary equipment, and eggs, the student will prepare scrambled eggs.

Evaluation Criterion:

The student will prepare scrambled eggs to the satisfaction of the instructor.

The eggs should be bright and clear with a soft sheen and no evidence of browning. The eggs should be tender, moist and delicate in texture.

Performance Guide:

1. Break eggs into a container.
2. Mix eggs with milk or cream (about 2 tablespoons per egg).
3. Season egg mixture with salt and pepper.
4. Place the egg mixture in heated, greased skillet.
5. Cook slowly, stirring constantly for smaller morsels; stir only occasionally for larger morsels of scrambled eggs.

DUTY: COOK EGGS

TASK: Prepare omelet.

---

Performance Objectives:

Given a recipe, necessary supplies and ingredients, the student will prepare a folded omelet.

Evaluation Criterion:

The student will prepare a folded omelet to the satisfaction of the instructor.

Performance Guide:

1. Beat eggs with wire whip.
2. Place the beaten eggs on 350°F grill
3. When the eggs are set, add desired filling.
4. With a spatula, fold in 1/3 of the omelet on each side.
5. Serve on a warm plate.

## VII. COOK MEAT

Tasks Covered:

1. Bake (Roast) meat or fowl.
2. Barbeque meat or fowl.
3. Braise meat or fowl.
4. Broil steaks.
5. Fry meat or fowl.
6. Stew or steam meat or fowl.

DUTY: COOK MEAT

TASK: Bake (Roast) meat or fowl.

---

## Performance Objectives:

Given a recipe, the necessary equipment, supplies and meat items, the student will prepare one dish of meat or fowl by oven roasting or baking.

## Evaluation Criterion:

The student will prepare one dish of meat or fowl by roasting or baking to the satisfaction of the instructor.

The meat or fowl should be of good flavor and pleasing appearance. The texture should be moist, not dry; with firmness consistent with doneness; tender; without excess of grease.

The exteriors of the roasted meat should be crisp, but not dry or tough.

## Performance Guide:

1. Wipe meat or fowl with a damp cloth.
2. Season meat or fowl as required.
3. Insert a thermometer if required.
4. Place meat or fowl fat-side up in an open pan.
5. Place in the oven preheated to the proper temperature required by the kind of meat.
6. Cook until the desired doneness.
7. Have the instructor check your meat.

DUTY: COOK MEAT

TASK: Barbeque meat or fowl.

---

Performance Objectives:

Given a recipe, equipment, supplies and meat items, the student will prepare barbequed meat or fowl.

Evaluation Criterion:

The student will barbeque the meat or fowl to the satisfaction of the instructor.

The barbequed meat must be juicy, tender, taste fresh and have a pleasing outside appearance.

Performance Guide:

1. Wipe meat with a clean and damp cloth.
2. Slash the fat edges on the steak or other meat if necessary.
3 Apply barbeque sauce and other seasoning to meat or fowl.
4. Place in the preheated oven.
5. Cook until done.
6. Remove from the oven and have the instructor check the barbequed meat.

## DUTY: COOK MEAT

### TASK: Braise meat or fowl.

---

Performance Objectives:

Given a recipe, the necessary equipment, supplies and meat items, the student will prepare one dish of meat by braising.

Evaluation Criterion:

The student will prepare one dish of meat by braising to the satisfaction of the instructor.

The braised meat should be juicy, tender and have a good brown color.

Performance Guide:

1. Season meat or fowl. Marinate before braising if required.
2. Add a small amount of fat in the proper cooking utensil.
3. Brown meat on all sides.
4. Add small amount of liquid.
5. Place thermometer in meat to check the doneness.
6. Cover meat and cook slowly until the desired doneness according to the reading on the thermometer.
7. Have the instructor check your meat.

DUTY: COOK MEAT

TASK: Broil steaks.

---

Performance Objectives:

Given a recipe, the necessary equipment, and supplies, the student will prepare one meat dish by oven broiling.

Evaluation Criterion:

The student will prepare one meat dish by oven broiling.

The broiled meat should be of good flavor and pleasing appearance - evenly browned on the outside; tender and moist inside; without excess of grease.

Performance Guide:

1. Marinate the meat in oil and season if required.
2. Turn the flame or heat to the highest point.
3. Place the meat on hot broiler.
4. Broil until the top of the meat is brown.
5. Turn the meat and continue to brown the other side.
6. Remove from the oven and have the instructor check the broiled meat

DUTY: COOK MEAT

TASK: Fry meat or fowl.

---

Performance Objectives:

Given a recipe, the necessary equipment and supplies, the student will prepare the meat by frying.

Evaluation Criterion:

The student will prepare one meat dish by frying.

The fried meat should be moist inside but crisp outside.

Performance Guide:

1. Season the meat.
2. Measure shortening.
3. Place the shortening in a cooking utensil.
4. Heat the shortening to the desired temperature for the kind of meat.
5. Place the meat prepared for frying in a frying pot.
6. Fry the meat for the required length of time.
7. Remove the pieces of breading or crumbs as they come loose in the fat.
8. Remove the meat when done.
9. Drain the meat thoroughly.
10. Have the instructor check the fried meat.

DUTY: COOK MEAT

TASK: Stew or steam meat or fowl.

---

## Performance Objectives:

Given a recipe, the necessary equipment, and supplies, the student will prepare one meat dish by stewing or steaming.

## Evaluation Criterion:

The student will prepare one meat dish by stewing or steaming.

The meat should be tender and juicy, not stringy, and should hold its shape and not fall apart.

## Performance Guide:

1. Season meat.
2. Place in proper cooking utensil.
3. Add liquid as required by the cooking method.
4. Cook until the desired doneness.
5. Remove from the heat.
6. Have the instructor check the stewed or steamed meat.

## FOOD SERVICE

### VIII. COOK VEGETABLES

Tasks Covered:

1. Bake vegetables and fruits.
2. Boil, simmer or steam vegetables.
3. Boil, simmer or steam fruits.
4. Cook vegetables by deep fat frying.
5. Sauté vegetables.
6. Mash potatoes.

DUTY: COOK VEGETABLES

TASK: Bake vegetables and fruits.

---

Performance Objectives:

Given a recipe, the necessary equipment and fresh vegetables and fruits, the student will bake vegetables and fruits.

Evaluation Criterion:

The student will bake the vegetables and fruits to the satisfaction of the instructor.

The baked vegetables and fruits must be of good appearance, with slightly crisp texture, but moist; of good flavor, no burned or raw taste; bright and fresh looking.

Performance Guide:

1. Wash, trim and dry the vegetables and fruits.
2. Season the vegetables and fruits.
3. Place in proper utensil and in the preheated oven.
4. Bake until the desired doneness.

## DUTY: COOK VEGETABLES

### TASK: Boil, simmer or steam vegetables.

---

### Performance Objectives:

Given the necessary equipment, the vegetables (fresh, frozen, canned or dehydrated) and the proper instruction, the student will prepare the vegetable by boiling, simmering or steaming.

### Evaluation Criterion:

The student will cook vegetables by boiling, simmering, or steaming to the satisfaction of the instructor.

The cooked vegetable must have a good appearance in color and a proper moistness.

### Performance Guide:

1. Wash, trim, and cut the vegetables for cooking. Prepare the vegetable to the correct size - regular, unbroken and even-shaped pieces.
2. Place the required amount of liquid and seasoning in the cooking pan.
3. Heat the liquid to boil.
4. Place the vegetables in cooking pot and cook for the required time for the cooking method selected.
5. Cook covered or uncovered according to the vegetable type.
6. Remove from the heat when done.

DUTY: COOK VEGETABLES

TASK: Boil, simmer or steam fruits.

---

Performance Objectives:

Given the necessary equipment, fruits (fresh, frozen, canned or dehydrated) and the proper instructions, the student will prepare fruits by boiling, simmering, or steaming.

Evaluation Criterion:

The student will cook fruits by boiling, simmering or steaming to the satisfaction of the instructor.

Performance Guide:

1. Prepare the fruits for cooking.
2. Add liquid, sugar and other seasoning at the proper time while cooking for the desired results.
3. Add the fruit and cook for a desired length of time for each fruit.

## DUTY: COOK VEGETABLES

### TASK: Cook vegetables by deep fat frying.

---

### Performance Objectives:

Given the necessary equipment, vegetable and fruits, and the proper instruction, the student will deep-fat-fry the vegetables and fruits.

### Evaluation Criterion:

The student will deep-fat-fry the vegetables and fruits to the satisfaction of the instructor.

### Performance Guide:

1. Measure and place the fat in a deep-fat fryer.
2. Heat the fryer to the desired temperature (usually 350° to 375° F).
3. Bread or batter the food as required.
4. Place a small amount of food in the fryer.
5. Fry to the desired doneness for the type of food and cuts.

## DUTY: COOK VEGETABLES

### TASK: Sauté vegetables.

---

Performance Objectives:

Given the necessary equipment, the supplies, ingredients and the recipe, the student will sauté the vegetables.

Evaluation Criterion:

The student will sauté the vegetable to the satisfaction of the instructor.

The sautéed vegetable will be golden brown in color, free of excess fat, and have a good crisp texture.

Performance Guide:

1. Prepare the vegetables: clean, trim, and peel.
2. Slice to medium thickness.
3. Place shortening and water in steel skillet.
4. Cook at medium heat until golden brown.
5. Remove from the skillet.

## DUTY: COOK VEGETABLES

### TASK: Mash potatoes.

---

Performance Objectives:

Given a recipe, the necessary equipment, and ingredients, the student will prepare mashed potatoes.

Evaluation Criterion:

The student will prepare mashed potatoes to the satisfaction of the instructor.

Performance Guide:

1. Place the cooked and peeled potatoes in the mixer.
2. Add seasonings and cream or milk.
3. Whip until desired consistency is reached.

## IX. PREPARE FOOD FOR SERVING

Tasks Covered:

1. Add finishing touches to prepared foods.
2. Slice cooked meats and other cold cuts by hand.
3. Slice cooked meats and other cold cuts by using electric slicing machine.
4. Spread icings on sheet cakes.
5. Cut cakes and pies.
6. Plate cakes and pies.

DUTY: PREPARE FOOD FOR SERVING

TASK: Add finishing touches to prepared foods.

---

Performance Objectives:

Given a variety of prepared foods, and appropriate garnishes, the student will add the finishing touches to a minimum of four dishes - a salad, dessert, vegetable and a meat dish.

Evaluation Criterion:

The student will add the finishing touches to the prepared food to the satisfaction of the instructor.

The finishing touches must enhance the color, flavor, texture and overall appearance of the dish.

Performance Guide:

1. Clean and trim garnishes if necessary.
2. Drain liquid from garnish if necessary.
3. Arrange the prepared food items near the appropriate garnishes.
4. Add the finishing touches to the prepared foods.

DUTY: PREPARE FOOD FOR SERVING

TASK: Slice cooked meats and other cold cuts by hand.

---

Performance Objectives:

Given the necessary equipment, cooked meats and cold cuts, the student will slice the meats and cold cuts, using a hand or electric knife to the designated thickness and good appearance.

Evaluation Criterion:

The student will hand-slice the cooked meats and cold cuts, to the satisfaction of the instructor.

Performance Guide:

1. Place the cooked meat or cold cuts on the cutting board.
2. Grasp the handle of knife between thumb and forefinger with finger following the curve of the handle.
3. Place on the meat the blade portion of slicing knife nearest the handle.
4. Pull back on the knife at the same time pressing firmly downward using a long sweeping stroke.

## DUTY: PREPARE FOOD FOR SERVING

### TASK: Slice cooked meats and other cold cuts by using electric slicing machine.

---

Performance Objectives:

Given the necessary equipment, the cooked meats and cold cuts, the student will slice the meat using an electric slicing machine to the designated thickness and good appearance.

Evaluation Criterion:

The student will slice the cooked meat and cold cuts, using a slicing machine to the instructor's satisfaction.

Performance Guide:

1. Place the hold plate with teeth on top to secure the meat.
2. Place the meat on the holding tray.
3. Select a proper thickness on the selector dial.
4. Start slicing by turning on the master switch.
5. Slice meat.
6. Clean the slicing machine properly after each use.

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DUTY: PREPARE FOOD FOR SERVING

TASK: Spread icings on sheet cakes.

---

Performance Objectives:

Given the necessary tools and supplies, the student will ice the cakes using basic cake icings - butter cream, boiled, and fondant.

Evaluation Criterion:

The student will apply icings to the cakes to the instructor's satisfaction.

Performance Guide:

1. Trim the ragged edges from the cakes; then shape the cakes as required.
2. Brush away all crumbs before applying the icing to the cakes.
3. Spread icing on the cake, frosting the sides first, and then the tops.
    a. Use a spatula to frost the cakes.
    b. Hold the spatula perpendicular to the surface to give a smooth edge to icing.

## DUTY: PREPARE FOOD FOR SERVING

### TASK: Cut cakes and pies.

---

**Performance Objectives:**

Given proper instruction, the necessary tools, and cakes and pies ready for cutting into portions, the student will cut cakes and pies to serve a stated number of people, as determined by the instructor.

**Evaluation Criterion:**

The student will cut the cakes and pies to serve the stated number of people, to the satisfaction of the instructor.

**Performance Guide:**

1. Cut the cakes and pies into a designated number of portions.
    a. Use the proper slicing knife.
    b. Cut into smooth, even pieces.
    c. Cut into sizes, according to established standards.
    d. Cut into sizes that would serve the stated number of people.

## DUTY: PREPARE FOOD FOR SERVING

### TASK: Plate cakes and pies.

---

Performance Objectives:

Given cakes and pies pre-cut into portions, the student will plate them.

Evaluation Criterion:

The student will plate a piece of cake or pie to the satisfaction of the instructor.

Performance Guide:

Plate a cake or pie in the center of a dish in a neat and clean manner.

## X. SALAD

Tasks Covered:

1. Prepare fruit salads.
2. Make gelatin salads.
3. Prepare main dish salad: chef's salad; meat salad.
4. Prepare vegetable salads: slaw; bean; and/or potato.
5. Prepare salad dressings: Thousand Island; French; Bleu Cheese.

DUTY: SALAD

TASK: Prepare fruit salads.

---

Performance Objectives:

Given a recipe, the necessary supplies and ingredients, the student will prepare fruit salads.

Evaluation Criterion:

The student will prepare tossed fruit salad to the satisfaction of the instructor.

Performance Guide:

1. Drain all fruits.
2. Place in a large mixing container and toss gently.
3. Blend together the mayonnaise and whipped cream.
4. Pour the dressing over the fruit mixture and fold in gently.
5. Serve on a base of lettuce leaf or in punch bowl.
6. Garnish as required.

DUTY: SALAD

TASK: Make gelatin salads.

---

Performance Objectives:

Given a recipe, the necessary equipment, supplies and ingredients, the student will prepare a gelatin salad.

Evaluation Criterion:

The student will prepare gelatin salads to the satisfaction of the instructor.

Salad materials should be evenly distributed in the gelatin. The gelatin should be firm and well set.

Performance Guide:

1. Gather all the ingredients and supplies needed.
2. Measure a required amount of hot liquid.
3. Sprinkle the gelatin powder into the hot liquid.
4. Stir until completely dissolved.
5. Let the mixture stand till cool.
6. Mix with the remaining salad ingredients.
7. Complete the salad as required.

## DUTY: SALAD

### TASK: Prepare main dish salad: chef's salad; meat salad.

---

Performance Objectives:

Given a recipe, the necessary supplies and ingredients, the student will prepare main dish salads: chef's salad; meat salad.

Evaluation Criterion:

The student will prepare main dish salads to the satisfaction of the instructor.

Performance Guide:

Chef's Salad:

1. Wash all greens thoroughly. Chill in the refrigerator.
2. Cut the greens into bite size pieces (preferably by hand); place in a large mixing container; toss together gently.
3. Add the other vegetable ingredients and toss gently again.
4. Fill the salad bowls.
5. Arrange the julienne cheese and meat over the salad greens.
6. Garnish with tomato wedges and hard boiled egg quarters or slices.
7. Serve with any salad dressing.

Meat Salad:

1. Prepare all the ingredients, as required by the recipe.
2. Mix the ingredients thoroughly.
3. Season with salt, pepper and mayonnaise, as required.
4. Line the cold salad plates with leaf lettuce.
5. Place a mound of salad in the center of each plate.
6. Garnish as required.

DUTY: SALAD

TASK: Prepare vegetable salads: slaw; bean; and/or potato.

---

Performance Objectives:

Given a recipe, the necessary supplies, and ingredients, the student will prepare vegetable salads: slaw; bean; potato.

Evaluation Criterion:

The student will prepare three different kinds of side dish salads to the satisfaction of the instructor.

Performance Guide:

Slaw:
1. Prepare the vegetables for the slaw and combine.
2. Prepare the dressing for the slaw.
3. Pour the dressing over the vegetables and blend thoroughly.
4. Cover and place in the refrigerator for at least 2 hours.
5. Place a crisp lettuce cup on each cold salad plate.
6. Place a mound of slaw in the center of the plate.
7. Garnish with chopped parsley.

Bean Salad:
1. Place the drained beans in the mixing container.
2. Add the rest of the ingredients.
3. Season as required.
4. Line the salad bowl and place a mound of the salad on top.
5. Garnish as directed.

Potato Salad:
1. Slice or dice the cold boiled potatoes and place in a mixing container.
2. Add the remaining ingredients and toss gently without breaking the potatoes.
3. Adjust the seasoning with salt and pepper.
4. Line each cold salad plate with crisp iceberg lettuce.
5. Place a mound of salad in the center of the lettuce cup.
6. Serve with a sprig of parsley.

DUTY: SALAD

TASK: Prepare salad dressings: Thousand Island, French, Bleu Cheese.

---

Performance Objectives:

Given a recipe, the necessary supplies and equipment, the student will prepare the following salad dressings: Thousand Island; French; Bleu Cheese.

Evaluation Criterion:

The student will prepare three kinds of salad dressings, to the satisfaction of the instructor.

Performance Guide:

Thousand Island Dressing:
1. Boil the eggs; cool and chop fine.
2. Chop the parsley into very fine particles, using a French knife.
3. Drain the sweet relish thoroughly using a kitchen spoon.
4. Place a required amount of mayonnaise in a bain-marie.
5. Add all the remaining ingredients and blend thoroughly using a kitchen spoon.

French Dressing:
1. Have all equipment and ingredients handy.
2. Blend together all the ingredients except the eggs and oil.
3. Place the eggs in the mixing bowl. Beat at high speed.
4. Pour the oil in a very slow stream while continuing to beat at high speed.
5. As the egg and oil mix well, add the mixture from Step 2.
6. Continue mixing until all the ingredients are well blended.

Bleu Cheese Dressing:
1. Chop the bleu cheese with a French knife.
2. Place all the ingredients except the chopped onion, chives and bleu cheese in a mixing bowl and mix until well blended.

DUTY: SALAD

TASK: Prepare salad dressings: Thousand Island, French, Bleu Cheese.

---

Performance Guide (cont.):

3. Fold in the onions, chives and bleu cheese.
4. Check the seasoning and chill in the refrigerator until ready to use.

FOOD SERVICE

## XI. SANDWICHES

Tasks Covered:

1. Prepare sandwich.
2. Prepare open-face sandwich.

## DUTY: SANDWICHES

### TASK: Prepare sandwich.

---

**Performance Objectives:**

Given the necessary materials, supplies, equipment, and the proper instruction, the student will prepare sandwiches.

**Evaluation Criterion:**

The student will prepare sandwiches to the satisfaction of the instructor.

**Performance Guide:**

Know the following points when preparing sandwiches:

1. Prepare the fillings just before using if possible. Keep them refrigerated until ready to use.
2. Make the sandwiches on the day they are to be served.
3. If using lettuce, wash, drain and refrigerate covered with a damp cloth until ready to use.
4. Spread the sandwich bread with soft butter or margarine to improve the taste as well as to prevent the moist filling from soaking the bread.
5. Prepare the sandwich on a wood-topped table or cutting board.
6. Have the following equipment handy:
    a. a spoon or scoop for portioning the spreads and fillings.
    b. a sharp French knife for trimming and cutting.
    c. a spatula for spreading the butter, margarine and filling mixture.
    d. pans for storage, wax paper and damp towels if needed.

DUTY: SANDWICHES

TASK: Prepare open-face sandwich.

---

Performance Objectives:

Given a recipe and supplies, the student will prepare open-face sandwiches.

Evaluation Criterion:

The student will prepare an open-face sandwich to the satisfaction of the instructor.

Performance Guide:

1. Prepare the sandwich filling as required by recipe.
2. Place two slices of bread laid side by side on the plate.
3. Place the filling exposed on the surface of one or both slices of bread.
4. Cover the meat with gravy, if so required.
5. Serve with garnish.

## FOOD SERVICE

### XII. BREAKFAST

Tasks Covered:

1. Make toast.
2. Make pancakes.
3. Make French toast.

DUTY: BREAKFAST

TASK: Make toast.

---

Performance Objectives:

Given bread, necessary supplies and equipment, the student will prepare buttered toast and cinnamon toast in the oven.

Evaluation Criterion:

The student will prepare toast to the instructor's satisfaction.

Performance Guide:

1. Preheat the oven.
2. Butter the bread or prepare as desired for the kind of toast.
3. Place the bread on cookie sheet.
4. Place it in the oven: 450° F.
5. Turn the bread often enough to prevent warping and to insure even browning.
6. Toast to a golden brown color. Toast must be evenly browned on each side. The cinnamon toast must be well glazed and evenly browned on each side.

DUTY: BREAKFAST

TASK: Make pancakes.

---

Performance Objectives:

Given a recipe, the necessary equipment, supplies, and ingredients, the student will prepare pancakes.

Evaluation Criterion:

The student will prepare pancakes to the satisfaction of the instructor.

The pancakes must be fluffy, light, tender, uniform in shape and size, and evenly browned on both sides.

Performance Guide:

1. Heat the griddle; grease lightly.
2. Beat eggs.
3. Add shortening.
4. Blend eggs.
5. Sift together all dry ingredients as required in recipe.
6. Blend liquid and dry ingredients together until all dry ingredients are dampened and the mixture is fairly smooth.
7. Pour 3 oz. batter on the griddle for each pancake.
8. Cook pancakes until full of unbroken bubbles; then turn to brown on the other side.
9. Remove from the griddle and serve.

DUTY: BREAKFAST

TASK: Make French toast.

---

Performance Objectives:

Given a recipe, the necessary equipment, supplies and ingredients, the student will prepare French toast.

Evaluation Criterion:

The student will make French toast to the satisfaction of the instructor.

Performance Guide:

1. Break eggs into a stainless steel bowl and beat with a wire whip until fluffy.
2. Add the milk or cream, sugar and vanilla and beat until well-blended.
3. Dip each slice of bread into the batter and coat both sides of the bread.
4. Remove the bread from the batter. Let drain slightly.
5. Brown the bread on the preheated griddle on both sides or in a deep-fat fryer at 350° F.
6. Serve with syrup.

FOOD SERVICE

## XIII. SOUPS AND SAUCES

Tasks Covered:

1. Prepare soup stock.
2. Make gravies.
3. Make white or cheese sauce.
4. Make Hollandaise sauce.
5. Make thin soup.
6. Make thick soup.

DUTY: SOUPS AND SAUCES

TASK: Prepare soup stock.

---

Performance Objectives:

Given a recipe, the necessary equipment, supplies and ingredients, the student will prepare a soup stock using the stock-pot method.

Evaluation Criterion:

The student will prepare a soup stock to the satisfaction of the instructor.

The soup must be clear in color and possess a good fresh flavor.

Performance Guide:

1. Place meat and bones in the stock-pot.
2. Wash, trim, and cut vegetables.
3. Add the vegetables to the stock-pot.
4. Add the required amount of liquid and seasonings.
5. Simmer for the required length of time.
6. Strain the stock at the completion of simmering through several thicknesses of cheese cloth into another pot.
7. Cool rapidly in a covered pot.

DUTY: SOUPS AND SAUCES

TASK: Make gravies.

---

Performance Objectives:

Given a recipe, the necessary equipment, supplies and ingredients, the student will prepare a pan gravy (also known as "country gravy").

Evaluation Criterion:

The student will prepare a pan gravy to the satisfaction of the instructor.

The gravy must be free of lumps, light brown in color and of desired consistency.

Performance Guide:

1. Measure the liquid and dry ingredients.
2. Place the fat in a sauce pan and heat.
3. Add the flour, making a roux and cook until light brown. Brown the roux slightly, but do not burn.
4. Add the hot stock and milk, whipping vigorously with a wire whip until slightly thick and smooth.
5. Season with salt and pepper.
6. Strain through a china cap into a stainless steel container. Exercise caution while straining the gravy.

DUTY: SOUPS AND SAUCES

TASK: Make a white or cheese sauce.

---

Performance Objectives:

Given a recipe, necessary instruction and supplies, the student will make a white or cheese sauce.

Evaluation Criterion:

The student will prepare a white or cheese sauce to the satisfaction of the instructor.

Performance Guide:

1. Stir flour into melted butter until smooth.
2. Add salt and hot milk gradually.
3. Cook until correct thickness.
4. Add grated cheese to the white sauce for cheese sauce. Heat until melted.

DUTY: SOUPS AND SAUCES

TASK: Make a Hollandaise sauce.

---

Performance Objectives:

Given a recipe, necessary instruction and supplies, the student will make a Hollandaise sauce.

Evaluation Criterion:

The student will prepare a Hollandaise sauce to the satisfaction of the instructor.

Performance Guide:

1. Place a little butter, lemon juice and egg yolk in a double boiler. Heat until melted.
2. Add butter, heat and beat until the sauce thickens.
3. Add seasoning.
4. Serve immediately.

DUTY: SOUPS AND SAUCES

TASK: Make a thin soup.

---

Performance Objectives:

Given a recipe, necessary supplies and ingredients, the student will make a thin soup.

Evaluation Criterion:

The student will make a thin soup to the satisfaction of the instructor.

Performance Guide:

1. Bring stock and spices to a boil. Simmer one hour.
2. Add vegetables. Simmer 30 minutes.

DUTY: SOUPS AND SAUCES

TASK: Make a thick soup.

---

Performance Objectives:

Given a recipe, necessary supplies and ingredients, the student will make a thick soup.

Evaluation Criterion:

The student will make a thick soup to the satisfaction of the instructor.

Performance Guide:

1. Bring stock and spices to a boil. Simmer one hour.
2. Add vegetables. Simmer 30 minutes.
3. Add roux. Cook 10 minutes.

## XIV. BAKING

Tasks Covered:

1. Make biscuits.
2. Make corn bread.
3. Make muffins.
4. Make cookies.
5. Make cobbler.
6. Prepare fillings for pies.
7. Make pastry (pie crust).
8. Make cakes.
9. Prepare glazes.
10. Prepare cake icings.
11. Make yeast breads.
12. Make a two-crust fruit pie.
13. Make a soft pie.
14. Make a meringue.
15. Make a quick loaf bread.
16. Make a graham cracker crust.

## DUTY: BAKING

### TASK: Make biscuits.

---

### Performance Objectives:

Given a recipe, supplies, and equipment, the student will prepare biscuits.

### Evaluation Criterion:

The student will prepare biscuits to the instructor's satisfaction:

- a. color - creamy white inside
- b. grain - flaky, pulls off in thin sheets
- c. texture - tender, slightly moist and light
- d. flavor - well blended, no bitter aftertaste

### Performance Guide:

1. Sift and measure the dry ingredients.
2. Cut shortening into flour.
3. Add milk.
4. Shape biscuits as required by the recipe.
    - a. uniform in shape and size
    - b. straight sides and level top
    - c. Biscuits will double in size after baking.
5. Place them on the baking sheets.
6. Bake the biscuits in a preheated oven until done.
    - a. uniform golden brown on the tops and bottoms
    - b. tender and smooth crust free from excess flour
7. Remove from oven and serve.
8. Have the instructor and class comment on the baked biscuits.

DUTY: BAKING

TASK: Make corn bread.

---

Performance Objectives:

Given a recipe, necessary ingredients and equipment, the student will prepare and bake corn bread.

Evaluation Criterion:

The student will prepare corn bread to meet the approval of the instructor.

Instructor will check the corn bread on the following points: shape, size, color, crust, texture, flavor, etc.

Performance Guide:

1. Measure ingredients.
2. Sift dry ingredients.
3. Add melted shortening.
4. Add desired amount of liquid and eggs combined.
5. Prepare pans for baking.
6. Place the mixture in the pans.
7. Bake for a required time.
8. Remove from oven and serve.

DUTY: BAKING

TASK: Make muffins.

---

Performance Objectives:

Given a recipe, necessary ingredients and equipment, the student will prepare muffins.

Evaluation Criterion:

The student will prepare muffins to meet the instructor's approval.

The following points will be rated by the instructor: shape; color; texture (crust and crumb); flavor.

Performance Guide:

1. Grease the bottom of the muffin pan.
2. Measure ingredients.
3. Sift dry ingredients into mixing bowl.
4. Combine egg, milk, and fat in another bowl.
5. Make a "well" in the dry ingredients; pour the mixed liquid ingredients into the well.
6. Stir until the dry ingredients are just moistened.
7. Put the batter into a greased muffin pan. Fill about 2/3 full.
8. Place muffins in an oven preheated to the appropriate temperature.
9. Bake until golden brown in color.
10. Remove the muffins from the oven and serve.
11. Have the instructor and class comment on your muffins.

## DUTY: BAKING

### TASK: Make cookies.

---

**Performance Objectives:**

Given a recipe, necessary ingredients and equipment, the student will prepare three different types of cookies: bar, dropped and rolled.

**Evaluation Criterion:**

The student will prepare three different types of cookies, to the instructor's satisfaction.

The instructor will rate the cookies on the following points: size and shape; color; texture and flavor.

**Performance Guide:**

For each type of cookie, use the conventional method of mixing:

1. Mix sugar and shortening.
2. Add eggs.
3. Sift dry ingredients.
4. Add dry ingredients alternately with milk.
5. Shape cookies as required by the recipe.
6. Place cookies on a greased or ungreased cookie sheet or in a pan as required by the recipe.
7. Place in an oven preheated to the required temperature.
8. Bake for a recommended time and check for doneness.
9. Remove from oven and remove cookies from cookie sheet to cookie rack as required by recipe.
10. Have the instructor and class critique your cookies.

DUTY: BAKING

TASK: Make cobbler.

---

Performance Objectives:

Given a recipe, necessary ingredients and equipment, the student will prepare one fruit cobbler.

Evaluation Criterion:

The student will prepare one fruit cobbler, to the instructor's satisfaction.

The cobbler will have good flavor, color and texture with a delicately browned crust to meet the accepted standards.

Performance Guide:

1. Combine sugar and flour; then mix with fruit.
2. Arrange fruit in baking dish.
3. Dot with butter or margarine, cinnamon or other spices if desired.
4. Cover with plain pastry.
5. Press pastry at the edge of baking dish.
6. Cut or design the top of pastry to let the steam escape.
7. Bake for the required time.
8. Remove from oven.
9. Place on a cooling rack.
10. Have the instructor and class comment on your cobbler.

DUTY: BAKING

TASK: Prepare fillings for pies.

---

Performance Objectives:

Given a recipe and necessary ingredients, the student will prepare cream pie filling by the conventional method.

Evaluation Criterion:

The student will prepare cream pie filling, to the instructor's satisfaction.

The filling must be free of lumps, smooth, and full flavored without any raw flour or starch taste.

Performance Guide:

1. Mix dry ingredients in double boiler.
2. Add milk slowly to the dry ingredients, stirring constantly.
3. Cook in double boiler until well thickened, stirring constantly.
4. Pour cooked mixture over beaten egg yolks slowly, stirring constantly.
5. Return the mixture to the double boiler and cook until the mixture is thickened (about 2 to 3 minutes).
6. Remove from heat.
7. Add flavor and required amount of butter or shortening.
8. Have the instructor and class comment on your filling.

DUTY: BAKING

TASK: Make pastry (pie crust).

---

## Performance Objectives:

Given a recipe, necessary ingredients, and equipment, the student will prepare pie crust.

## Evaluation Criterion:

The student will prepare a pie pastry that could be used for any type of pie filling to the satisfaction of the instructor.

## Performance Guide:

1. Measure the ingredients.
2. Sift dry ingredients.
3. Cut-in the desired fat.
4. Add liquid.
5. Mix dough.
6. Roll the dough to an even thickness.
7. Place the rolled dough in a pie pan. Make the edges even.
8. Flute the edges.
9. Prick the entire bottom of the pie crust with fork.
10. Bake to golden brown.

DUTY: BAKING

TASK: Make cakes.

---

Performance Objectives:

Given a recipe, necessary equipment, supplies, and ingredients, the student will prepare cakes made with fat and without fat (angel food or sponge).

Evaluation Criterion:

The student will prepare two kinds of cakes to the satisfaction of the instructor.

The following points will be rated by the instructor: shape; size; color; crust (tender and smooth for all cakes except chiffon which may have a cracked surface); texture; flavor; etc.

Performance Guide:

1. Measure ingredients.
2. Sift dry ingredients.
3. Mix ingredients according to the type of cake.
4. Place the mixture in a prepared pan.
5. Place in a preheated oven.
6. Bake until done.
7. Remove from the oven.
8. Cool the cake in the pan for the required length of time; remove from the pan.
9. Have the instructor and class comment on your cake.

DUTY: BAKING

TASK: Prepare glazes.

---

Performance Objectives:

Given a recipe, necessary equipment, supplies, and ingredients, the student will prepare a fresh fruit glaze.

Evaluation Criterion:

The student will prepare a fresh fruit glaze to the instructor's satisfaction.

The glaze must be clear, free of lumps, and semi-liquid in nature.

Performance Guide:

1. Place water or fruit juice and sugar in a sauce pan and bring to a boil.
2. Dissolve starch in cold water.
3. Pour the dissolved starch water slowly into boiling liquid.
4. Beat vigorously.
5. Cook the mixture until thick and clear.

DUTY: BAKING

TASK: Prepare cake icings.

---

Performance Objectives:

Given a recipe, necessary equipment, ingredients, and supplies, the student will prepare three types of cake icings: butter cream, boiled, and fondant.

Evaluation Criterion:

The student will prepare three different types of cake icings to the satisfaction of the instructor.

The consistency and texture of the icings must enhance the appearance and flavor of the cake, and give moistness to the cake.

Performance Guide:

1. Mix ingredients as required by the recipe.
2. Cook, if required.

DUTY: BAKING

TASK: Make yeast breads.

---

Performance Objectives:

Given a recipe, necessary supplies, equipment, and ingredients, the student will prepare dough using a straight dough method of mixing, and bake yeast breads.

Evaluation Criterion:

The student will bake yeast breads to the satisfaction of the instructor.

Performance Guide:

1. Measure or weigh ingredients.
2. Add yeast to lukewarm water.
3. Mix ingredients.
4. Knead dough.
5. Let the dough rise.
6. Roll the dough.
7. Cut the dough and shape: Well-proportioned; symmetrical; rounded top.
8. Place the shaped dough in a prepared pan for proofing.
9. Permit each pan of dough to double in bulk under proper moisture and temperature conditions.
10. Place in an oven preheated to the appropriate temperature and bake until done:
    Color - even, rich golden brown; Crust - tender, crisp, even thickness, free from cracks; Texture - tender, soft, slightly moist.

DUTY: BAKING

TASK: Make a two-crust fruit pie.

---

Performance Objectives:

Given a recipe, necessary instruction, equipment and ingredients, the student will make a two-crust fruit pie.

Evaluation Criterion:

The student will prepare a two-crust fruit pie to the satisfaction of the instructor.

Performance Guide:

Filling

1. Mix starch and fruit juice. Cook until thickened. Keep stirring while cooking.
2. Add sugar and spice.
3. Add drained fruit.

Crust

1. Cut shortening into flour and salt.
2. Gradually stir in water.
3. Roll out.
4. Place a crust in a baking dish.
5. Fill the crust.
6. Place top crust.
7. Trim, seal, and flute the edges.
8. Make air vents.
9. Bake according to the instructions.

DUTY: BAKING

TASK: Make a soft pie.

---

Performance Objectives:

Given a recipe, the necessary instruction, equipment, and ingredients, the student will prepare a soft pie.

Evaluation Criterion:

The student will prepare a soft pie to the satisfaction of the instructor.

Performance Guide:

1. Beat eggs slightly.
2. Add the remaining ingredients and mix until the desired thickness.
3. Place the filling in unbaked pie shell.
4. Bake until done. (An inserted knife comes out clean.)

DUTY: BAKING

TASK: Make a meringue.

---

Performance Objectives:

Given a recipe, the necessary instruction, and ingredients, the student will make a meringue for a cream pie.

Evaluation Criterion:

The student will prepare a meringue for a cream pie to the satisfaction of the instructor.

Performance Guide:

1. Separate egg whites from yolks.
2. Whip egg whites until frothy.
3. Add cream of tartar. Whip until stiff.
4. Place on a pie. Make sure the meringue is sealing the pie crust.
5. Bake until golden brown.

DUTY: BAKING

TASK: Make a quick loaf bread.

---

**Performance Objectives:**

Given a recipe, necessary instruction, equipment, and ingredients, the student will make a quick loaf bread.

**Evaluation Criterion:**

The student will make a quick loaf bread to the satisfaction of the instructor.

**Performance Guide:**

1. Measure all the ingredients accurately.
2. Cream fat and sugar.
3. Add eggs.
4. Add sifted dry ingredients.
5. Mix just enough to moisten.
6. Place the mixture in a greased and dusted loaf pan.
7. Bake until done.

DUTY:  BAKING

TASK:  Make a graham cracker crust.

---

Performance Objectives:

Given a recipe, necessary instruction, and supplies, the student will make a graham cracker crust.

Evaluation Criterion:

The student will prepare a graham cracker crust to the satisfaction of the instructor. The crust must enhance the dessert and hold its shape.

Performance Guide:

1. Combine graham cracker crumbs and sugar.
2. Add melted butter.
3. Shape the mixture in a desired baking dish.

## XV. DINING AREA AND KITCHEN MAINTENANCE

Tasks Covered:

1. Wash pots and pans by hand.
2. Wash dishes, glasses, silverware, trays, pots, and pans by machine.
3. Clean floors, windows, woodwork and counters.
4. Clean and sanitize kitchen tables.
5. Clean and care for equipment.

DUTY: DINING AREA AND KITCHEN MAINTENANCE

TASK: Wash pots and pans by hand.

---

Performance Objectives:

Given a variety of soiled pots and pans, proper instruction, and the necessary supplies, the student will wash the pots and pans by hand.

Evalution Criterion:

The student will wash the pots and pans by hand to the satisfaction of the instructor.

The pots and pans must be free of water spots as well as any food particles.

Performance Guide:

1. Receive, scrape, and stack the soiled pots and pans.
2. Sort and stack pots and pans according to the type.
3. Wash pots and pans in a three compartment sink in clean, hot water (120° F or higher), using a good soap or detergent.
4. Place pots and pans in a basket in a rinsing sink.
5. Remove the basket of pots and pans from the rinsing sink and place it in a third tub containing sanitizer for 1 minute.
6. Remove the basket of pots and pans and let air-dry.

## DUTY: DINING AREA AND KITCHEN MAINTENANCE

TASK: Wash dishes, glasses, silverware, trays, pots, and pans by machine.

---

### Performance Objectives:

Given proper instruction, demonstration, the necessary equipment and supplies, the student will wash dishes, glasses, silverware, trays, pots and pans by machine.

### Evaluation Criterion:

The student will wash dishes in a dishwasher, to the satisfaction of the instructor.

The dishes must be free of water spots as well as any food particles.

### Performance Guide:

1. Receive, scrape, and stack the soiled dishes.
2. Sort and stack the dishes and utensils according to the type.
3. Load the racks with dishes and utensils according to the directions.
4. Operate the dishwasher.
5. Unload and store the clean dishes and utensils, handling only on the outside.

DUTY: DINING AREA AND KITCHEN MAINTENANCE

TASK: Clean floors, windows, woodwork and counters.

---

Performance Objectives:

Given the necessary equipment, supplies and instruction, the student will clean kitchen and dining areas thoroughly.

Evaluation Criterion:

The student will clean the kitchen and dining areas to the satisfaction of the instructor.

The student will clean the designated areas including baseboards, floors, windows and counters to pass inspection by the state health department.

Performance Guide:

1. Remove all dishes, glasses, silverware and trash from the tables and counters.
2. Use a damp, sanitized cloth to clean the table and counter tops.
3. Make sure that all sticky spots and stains have been removed from the table and counter tops.
4. Clean floors, using the appropriate procedures and cleaning supplies for the type of floor being cleaned.
5. Clean woodwork with a damp cloth.
6. Clean windows following proper window washing procedures.

## DUTY: DINING AREA AND KITCHEN MAINTENANCE

### TASK: Clean and sanitize kitchen tables.

---

Performance Objectives:

Given proper instructions and necessary supplies, the student will clean and sanitize kitchen tables.

Evaluation Criterion:

The student will clean and sanitize the kitchen tables to the satisfaction of the instructor.

Performance Guide:

1. Remove all items on the kitchen tables.
2. Use a clean cloth, proper cleanser and sanitizing agent as instructed by the instructor.
3. Clean the kitchen tables. All food particles and spots must be removed.

## DUTY: DINING AREA AND KITCHEN MAINTENANCE

### TASK: Clean and care for equipment.

---

Performance Objectives:

Given instructions for cleaning kitchen equipment, the student will clean a variety of kitchen equipment, as designated by the instructor.

Evaluation Criterion:

The student will clean the designated kitchen equipment to the satisfaction of the instructor.

Performance Guide:

1. Follow the instruction/guides for cleaning each piece of equipment.
2. Clean the equipment according to the direction given in the manual.
   a. Use appropriate cleaning supplies.
   b. Dismantle and reassemble the equipment if necessary.
   c. Cleaned equipment must be free of food particles, spots and stains.
3. Store the equipment in a proper place after cleaning.

Introduction
and Outline:

English
Spanish
Laotian

CE029808

# INTRODUCTION to FOOD SERVICE

CAREER DEVELOPMENT CENTER
SCHOOL OF TECHNICAL CAREERS
SOUTHERN ILLINOIS UNIVERSITY
CARBONDALE, ILLINOIS

COMPETENCY-BASED VOCATIONAL/TECHNICAL CURRICULUM SERIES

# INTRODUCTION TO FOOD SERVICE

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June 1981

ARDEN L. PRATT, DEAN
E. HOLLIS MERRITT, ASST. DEAN
LARRY HEPBURN, CENTER DIRECTOR

# INTRODUCTION

The food service program runs 24 weeks and is designed to provide the student with basic principles and skills for cooking. The class meets 2 hours each day in a related education class (a basic education class where the student can refresh and/or improve the reading/English/mathematics skills necessary for vocational training and for adequate performance at entry level employment) or in a G.E.D. class (a General Education Development program to prepare the student for a high school equivalency test), and 6 hours in a cooking class 5 days a week.

The student's daily activities in the food service program consist of one hour of lecture/discussion on orientation, purchasing and storage, care of dining facility, inventory control, sanitation, kitchen tools and equipment as preparation for the "Food Service Handler's Certificate"; 4 hours of preparation and serving of lunch, which comprises a cafeteria-style lunch line for a complete meal (entrée, vegetables, salad, bread, and dessert), a chef's salad lunch, a short order lunch or breakfast food; and a 20 minute evaluation of the day's work with constructive criticism from both the instructor and the classmates. The student's assignment rotates weekly among the six areas of kitchen duties: (1) meat preparation, (2) vegetable preparation, (3) salad/sandwich/breakfast preparation, (4) bread baking, (5) dessert preparation and (6) beverage and

and table set-up.

Upon completion of the program, the student will be able to estimate food requirements, regulate ovens properly, measure ingredients accurately, prepare food in a consistent manner, and make a correct determination regarding the taste and doneness of the food being cooked. The program's goal is the training of the student for entry level employment as a cook's helper at institutions, such as hotels, restaurants, schools, hospitals, nursing homes, etc.

## FOOD SERVICE: DUTY-TASK INDEX

### I. ORIENTATION

1. Dress for food handling.
2. Identify kitchen tools and equipment.
3. Study the food service glossary.
4. Learn measuring equivalents, can sizes and dipper sizes.
5. Make recipe file.

### II. SANITATION

1. Learn the importance of proper sanitation, the cause of food borne illnesses and the symptoms of food borne illnesses.
2. Learn how to store, thaw, display and transport food.
3. Learn the importance of food service employee health and cleanliness.
4. Learn the sanitary requirements for food service physical facilities and equipment.
5. Learn how to clean and sanitize dishes and equipment and how to perform proper pest control.
6. Learn how to set up and manage a sanitation and safety program.

### III. MANAGEMENT/PLANNING

1. Inspect incoming food and beverages for quality and freshness.
2. Check out supplies for storeroom, cooler and freezer.
3. Weigh and measure staple ingredients.
4. Convert recipe to larger or smaller product.
5. Plan menus.
6. Plan menus to utilize leftovers.
7. Take over duties of head chef in his absence.
8. Store food.

### IV. PREPARE FOOD FOR COOKING

1. Season and bread meats, seafood, and fowl for baking, roasting, broiling or frying.
2. Trim, cut, or shred fruits and vegetables.
3. Wrap foods for baking.

# FOOD SERVICE: DUTY TASK INDEX

## V. PREPARE BEVERAGES

1. Prepare coffee.
2. Prepare drink mix.
3. Prepare tea.
4. Prepare hot chocolate.

## VI. COOK EGGS

1. Boil eggs.
2. Poach eggs.
3. Fry eggs.
4. Cook eggs by scrambling.
5. Prepare omelet.

## VII. COOK MEAT

1. Bake (Roast) meat or fowl.
2. Barbeque meat or fowl.
3. Braise meat or fowl.
4. Fry meat or fowl.
5. Stew or steam meat or fowl.

## VIII. COOK VEGETABLES

1. Bake vegetables and fruits.
2. Boil, simmer or steam vegetables.
3. Boil, simmer or steam fruits.
4. Cook vegetables by deep fat frying.
5. Sauté vegetables.
6. Mash potatoes.

## IX. PREPARE FOOD FOR SERVING

1. Add finishing touches to prepared foods.
2. Slice cooked meats and other cold cuts by hand.
3. Slice cooked meats and other cold cuts by using electric slicing machine.
4. Spread icings on sheet cakes.
5. Cut cakes and pies.
6. Plate cakes and pies.

## X. SALAD

1. Prepare fruit salads.

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## X. SALAD (cont.)

2. Make gelatin salads.
3. Prepare main dish salad: chef's salad; meat salad.
4. Prepare vegetable salads: slaw; bean; and/or potato.
5. Prepare salad dressings: Thousand Island; French; Bleu Cheese.

## XI. SANDWICHES

1. Prepare sandwich.
2. Prepare open-face sandwich.

## XII. BREAKFAST

1. Make toast.
2. Make pancakes.
3. Make French toast.

## XIII. SOUPS AND SAUCES

1. Prepare soup stock.
2. Make gravies.
3. Make white or cheese sauce.
4. Make Hollandaise sauce.
5. Make thin soup.
6. Make thick soup.

## XIV. BAKING

1. Make biscuits.
2. Make corn bread.
3. Make muffins.
4. Make cookies.
5. Make cobbler.
6. Prepare fillings for pies.
7. Make pastry (pie crust).
8. Make cakes.
9. Prepare glazes.
10. Prepare cake icings.
11. Make yeast breads.
12. Make a two-crust fruit pie.
13. Make a soft pie.
14. Make a meringue.
15. Make a quick loaf bread.
16. Make a graham cracker crust.

## FOOD SERVICE: DUTY-TASK INDEX

### XV. DINING AREA AND KITCHEN MAINTENANCE

1. Wash pots and pans by hand.
2. Wash dishes, glasses, silverware, trays, pots, and pans by machine.
3. Clean floors, windows, woodwork and counters.
4. Clean and sanitize kitchen tables.
5. Clean and care for equipment.

# INTRODUCTION TO FOOD SERVICE

## SPANISH VERSION

CAREER DEVELOPMENT CENTER
SCHOOL OF TECHNICAL CAREERS
SOUTHERN ILLINOIS UNIVERSITY
CARBONDALE, ILLINOIS

COMPETENCY-BASED VOCATIONAL/TECHNICAL CURRICULUM SERIES

# INTRODUCTION TO FOOD SERVICE

SPANISH VERSION

MASAKO T. SHIN, CURRICULUM SPECIALIST, STC, SIU-C

TRANSLATED BY

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The preparation of this multicultural series was aided financially through funding agreements with the Illinois State Board of Education/Department of Adult, Vocational and Technical Education.

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June 1981

ARDEN L. PRATT, DEAN
E. HOLLIS MERRITT, ASST. DEAN
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# INTRODUCCIÓN

El programa de enseñanza en los servicios alimenticios o restaurantismo es de 24 semanas de duración y está diseñado para dar al alumno los principios básicos y la técnica de la preparación de alimentos, es decir se le enseña a cocinar. La clase se reune dos horas al día y va incluida en el programa educativo conexo (una programa básico en el que el alumno puede renovar y/o mejorar sus conocimientos en la lectura/el inglés y la matemática necesarios para el entrenamiento vocacional) y para poder hacer el trabajo de un principiante en el oficio en su primer empleo. Como alternativa el alumno puede participar en el programa de Desenvolvimiento General Educativo (GED) en que se prepara para el examen de equivalencia en la educación secundaria y preparatoria. Hay además, 6 horas diarias en la clase de cocina durante 5 días a la semana.

Las actividades diarias en el programa de cocina consiste en una hora de conferencia/discusión de orientación, para poder hacer las compras y almacenamiento, lograr el cuidado de un restaurant o refectorio, el control de inventarios, mantener el saneamiento, cuidar los utensilios y enseres de cocina para así preparar al alumno a recibir el "Certificado en el Manejo de Servicios Alimenticios" (Food Service Handler's Certificate); 4 horas de preparar y servir un almuerzo (lonche), el manejo de una cola de tipo cafetería, (ensalada de chef, un almuerzo sobre pedido, o un plato para el desayuno); y 20 minutos de evaluación del trabajo del día tanto por el profesor como por los compañeros de clase. Los deberes del alumno varían semanalmente entre las seis actividades de cocina: (1) cocinero de carnes, (2) cocinero de legumbres, (3) ensalada/emparedado (sandwich)/desayuno, (4) panadero, (5) confitería y postres, y (6) bebidas y arreglo de la mesa.

Al completar el programa de entrenamiento, el alumno tendrá la habilidad de hacer cálculos estimativos de las necesidades en compras de alimentos, regular adecuadamente los hornos, medir con exactitud los ingredientes para la preparación de los platos y formar de una manera constante juicios exactos sobre el sabor y prontitud de los alimentos bajo preparación. La meta del programa de instrucción es la de preparar al alumno a entrar en un empleo como ayudante de cocinero en instituciones o negocios tales como los hoteles, restaurantes, escuelas, hospitales, asilos de ancianos, y semejantes.

# FOOD SERVICE: DUTY-TASK INDEX

# SERVICIOS ALIMENTICIOS: RELACION DE DEBERES Y TRABAJOS

## I. ORIENTACION

1. Ropa adecuada para el manejo de alimentos.
2. Saber identificar utensilios y enseres de cocina.
3. Estudiar el vocabulario de cocina.
4. Aprender medidas y equivalentes, tamaños de vasijas y latas, medidas de cucharones.
5. Preparar un archivo o colección personal de recetas.

## II. SANEAMIENTO

1. Aprender la importancia de saneamiento propio, la causa de enfermedades nacidas de alimentos, y las síntomas de enfermedades nacidas de alimentos.
2. Aprender a almacenar, deshelar, exhibir, transportar los alimentos.
3. Aprender la importancia de la higiene para empleados de servicios alimenticios.
4. Aprender los requisitos sanitarios para las facilidades físicas y los enseres de servicios alimenticios.
5. Aprender a lavar y hacer sanitarios los platos y los enseres - y performar el control propio contra pestes.
6. Aprender a establecer y manejar un programa de saneamiento y seguridad.

## III. DIRECCION Y PLANEACION

1. Revisar los alimentos y bebidas al recibirse para asegurarse de su calidad y frescura.
2. Sacar materiales de la bodega, enfriador (refrigerador) y congelador.
3. Pesar y medir los ingredientes usuales.
4. Saber convertir una receta para obtener un producto de mayor o menor cantidad.
5. Planear el menú o lista del día.
6. Planear el menú para utilizar sobrantes.
7. Aceptar los deberes y actividades del cocinero principal (chef encargado de operaciones) en su ausencia.
8. Almacenar las comidas ya preparadas.

# FOOD SERVICE: DUTY-TASK INDEX

# SERVICIOS ALIMENTICIOS: RELACION DE DEBERES Y TRABAJOS

## IV. PREPARAR LOS ALIMENTOS A COCINARSE

1. Sasonar y preparar las carnes estilo milanesa, igual el pescado y los mariscos, y las aves a asarse, a poner a la parrilla, o a freírse.
2. Recorter, rebanar y desmenuzar frutas y legumbres.
3. Envolver los alimentos para hornearse.

## V. PREPARAR BEBIDAS

1. Preparar café.
2. Preparar bebidas con mezclas preparadas.
3. Preparar té.
4. Preparar el chocolate caliente.

## VI. COCINAR HUEVOS

1. Huevos cocidos al agua.
2. Huevos poches.
3. Huevos fritos.
4. Huevos revueltos.
5. Tortilla de huevos.

## VII. PREPARAR PLATOS DE CARNE

1. Hornear o asar carnes, pescado, o aves.
2. Preparar barbacoa de carnes, pescado, o aves.
3. Cocer carnes, pescado, o aves *braisés* (Se fríen hasta dorarse en un poco de aceite o grasa para después cocinarse lentamente en una cazuela tapada.)
4. Freír las carnes, el pescado, o las aves.
5. Preparar puchero de carne, pescado, mariscos, o aves, o cocinarlos al vapor.

## VIII. COCER LEGUMBRES

1. Hornear las legumbres o las frutas.
2. Hervir, en forma usual o a fuego lento, las legumbres o cocinarlas al vapor.
3. Hervir, en formar usual o a fuego lento, las frutas, o cocinarlas al vapor.
4. Preparar frituras de legumbres.
5. Preparar legumbres saltadas al sartén.
6. Preparar papas (patatas) en puré. (Puré de papas.)

## FOOD SERVICE: DUTY-TASK INDEX

## SERVICIOS ALIMENTICIOS: RELACION DE DEBERES Y TRABAJOS

### IX. PREPARAR LOS ALIMENTOS A SERVIRSE

1. Completar la preparación de los alimentos, agregándoles el adorno, etc.
2. Rebanar a mano las carnes cocidas y otros fiambres.
3. Rebanar a máquina las carnes cocidas y otros fiambres.
4. Adornar los pasteles.
5. Cortar los pasteles (tortas) y los pais.
6. Servir en platos los pasteles y pais.

### X. ENSALADAS

1. Preparar ensalada de frutas.
2. Preparar ensalada de gelatina.
3. Preparar ensaladas como plato principal: Ensalada del chef y/o de carne.
4. Preparar ensaladas de legumbres: col rebanada (cole slaw), de fríjol, y/o de papas.
5. Preparar salsa de ensalada: Mil Islas, Francesa, o Queso Danés (Bleu).

### XI. EMPAREDADOS (SANDWICHES)

1. Preparar sandwiches.
2. Preparar sandwich sin emparedar (open-faced).

### XII. DESAYUNO

1. Preparar pan tostado.
2. Preparar panqueques (jot caques).
3. Preparar pan tostado, estilo francés, con leche y huevo.

### XIII. SOPAS Y SALSAS

1. Preparar caldo para sopas.
2. Preparar caldo para servir con carnes.
3. Preparar salsa blanca o de queso.
4. Preparar salsa holandesa.
5. Preparar sopa aguada.
6. Preparar sopa espesa.

## XIV. PANES Y VARIOS PLATOS AL HORNO (PANADERIA Y PASTELERIA)

1. Preparar bizcochos, estilo norteamericano.
2. Preparar pan de maís, estilo norteamericano.
3. Preparar panecillos (de levadura en polvo).
4. Preparar galletas (dulces).
5. Preparar torta de frutas.
6. Preparar relleno para pais.
7. Preparar pasta de torta.
8. Preparar pasteles.
9. Preparar bañados de azúcar.
10. Preparar adornos (de azúcar) para pasteles.
11. Preparar pan (de levadura).
12. Preparar pastel de frutas con dos conchas. (pai de frutas)
13. Preparar un pastel de crema. (pai de crema)
14. Preparar un merengue.
15. Preparar pan de levadura en polvo.
16. Preparar pasta de torta con bizcochos.

## XV. MANTENIMIENTO DEL COMEDOR Y DE LA COCINA

1. Lavar cazuelas y otros trastes a mano.
2. Lavar platos, vasos, cubiertos, charolas, cazuelas, y otros trastes a máquina.
3. Hacer limpieza de pisos, ventanas, enmaderado, y tableros de trabajo.
4. Limpiar y hacer sanitarios los tableros de la cocina.
5. Limpiar y mantener los enseres.

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# ຄຳນຳ

ໂຄງການການບໍລິການອາຫານໃຊ້ເວລາ 24 ສັບດາ ແລະ ຈັດຂຶ້ນເພື່ອຈຸດປະສົງໃຫ້ນັກຮຽນມີຄວາມຊຳນານ ທັກສະ ແລະ ຄວາມຮູ້ພື້ນຖານໃນການເຮັດອາຫານ.

ການເລົ່າຮຽນກ່ຽວກັບວິຊາການສຶກສາທີ່ກ່ຽວຂ້ອງກັບວຽກງານ (Related Education) ຈະໃຊ້ເວລາ 2 ຊ.ມ. ຕໍ່ວັນ ເພື່ອທີ່ຈະປັບປຸງນັກຮຽນທາງດ້ານການອ່ານ, ຄວາມຮູ້ທາງດ້ານພາສາອັງກິດ ແລະ ຄວາມສາມາດໃນການໃຊ້ເລກຄະນິດ ທີ່ສຳລັບການຝຶກວິຊາຊີບ ແລະ ມີຄວາມສາມາດພຽງພໍທີ່ຈະເຂົ້າເຮັດວຽກຂັ້ນຕົ້ນໄດ້ ຫຼື ໃຊ້ເວລາ 2 ຊ.ມ. ນີ້ເພື່ອກຽມຕົວສອບເສັງເອົາຊັ້ນມັດທະຍົມຕອນປາຍ (General Education Development test ຫຼື ການສອບ G.E.D) ແລະ 6 ຊົ່ວໂມງທີ່ເຫຼືອຈະເປັນການຝຶກພາກປະຕິບັດທຸກໆວັນ 5 ວັນຕໍ່ອາທິດ.

ກິຈກັມປະຈຳວັນຂອງນັກຮຽນໃນໂຄງການບໍລິການອາຫານມີດັ່ງນີ້: ຮຽນການຈັດຊື້, ການເກັບຮັກສາ ແລະ ການຈັດຫາຖ້ວຍຈານ ບ່ວງ ສ້ອມ ຈອກນ້ຳຕ່າງໆ, ການຈັດບັນຊີຂອງເຄື່ອງທີ່ມີຢູ່, ການຮັກສາຄວາມສະອາດ, ເຄື່ອງມື ແລະ ເຄື່ອງໃຊ້ໃນເຮືອນຄົວ ແລະ ກຽມຕົວສອບເອົາປະກາດນິຍະບັດ ຜູ້ບໍລິການອາຫານ

ຮຽນການເຮັດອາຫານ ແລະ ການ ບໍລິການອາຫານກາງເວັນ 4 ຊົ່ວໂມງ, ການຈັດຫ້ອງອາຫານແບບຊ່ວຍຕົວເອງ, ສລັດ, ອາຫານເຊົ້າ, ອາຫານກາງເວັນທີ່ເຮັດໄດ້ຢ່າງໄວ. ແລະ ສີ່ຊົ່ວໂມງທີ່ເຫຼືອນັ້ນແມ່ນ ການວັດຜົນຂອງການເຮັດວຽກ ແລະ ການວິຈານເພື່ອປັບປຸງ ແລະ ຟັງຄຳວິຈານຈາກຄູ ແລະ ເພື່ອນນັກຮຽນດ້ວຍກັນ.

ການແບ່ງວຽກຂອງນັກຮຽນຈະໝູນວຽນໄປເລື້ອຍ ຄື ມີໜ້າທີ່ 6 ຢ່າງຕ່າງໆ ອາເກດ ດັ່ງນີ້.

1. ການເຮັດອາຫານດ້ວຍຊີ້ນ.
2. ການເຮັດອາຫານດ້ວຍຜັກ.
3. ການເຮັດອາຫານ ສລັດ, ແຊນວິດ ແລະ ອາຫານເຊົ້າ.
4. ການເຮັດເຂົ້າຈີ່.
5. ການເຮັດຂອງຫວານ.
6. ການຈັດໂຕະ ແລະ ເຄື່ອງດື່ມ.

ກ່ອນທີ່ຈະຈົບຫຼັກສູດ ນັກຮຽນຈະຕ້ອງສາມາດ ກ. ຈຳນວນອາຫານໃຫ້ຖືກຕ້ອງຕາມທີ່ຕ້ອງການ, ການໃຊ້ເຕົາອົບໃຫ້ຖືກຕ້ອງ, ການຈັດເຄື່ອງປຸງຕ່າງໆໃຫ້ຖືກຕ້ອງ ແລະ ສາມາດຮູ້ວ່າ

ຮັດອາຫານດີສໍ່າໃດ ແລະ ຮູ້ວ່າ ເມື່ອໃດອາຫານສຸກ.

ຈຸດປະສົງຂອງຫຼັກສູດອັນນີ້ ເພື່ອຈະຝຶກຝົນໃຫ້ນັກຮຽນ ມີຄວາມສາມາດເຂົ້າເຮັດວຽກນັ້ນຕົນໄດ້ ເຊັ່ນ: ຜູ້ຊ່ວຍຄົນເຮັດອາຫານໃນ ໂຮງແຮມ, ຮ້ານອາຫານ, ໂຮງຮຽນ, ໂຮງພະຍາບານ ແລະ ສະຖານທີ່ຄົນຊະລາ. ເປັນຕົ້ນ.

## FOOD SERVICE: DUTY-TASK INDEX

ສາລະບານ: ໜ້າທີ່ແລະການງານຂອງການບໍລິການທາງອາຫານ.

## I. ORIENTATION ການແນະນຳຄັ້ງແລກ.

1. ແຕ່ງຕົວໃຫ້ເໝາະສຳລັບຈັບອາຫານໄປມາ.
2. ຮູ້ຈັກເຄື່ອງມື ແລະ ເຄື່ອງໃຊ້ໃນຄົວ.
3. ຮຽນຮູ້ກ່ຽວກັບຄຳທີ່ໃຊ້ໃນການບໍລິການອາຫານ.
4. ຮຽນຮູ້ໜ່ວຍການວັດແທກຕ່າງໆ.
5. ການເຮັດລາຍການອາຫານ ແລະ ລາຍລະອຽດສຳລັບໃຊ້ສ່ວນຕົວໃນອະນາຄົດ.

## II. SANITATION ການສົ່ງເສີມອະນາໄມ.

1. ກວດເບິ່ງເຄື່ອງໃຊ້ ແລະ ພະຊະນະທີ່ໃຫ້ຖືກຕ້ອງກັບກົດໝາຍ ໃນການຄວບຄຸມສຸຂະພາບ ແລະ ອະນາໄມ.
2. ກວດເບິ່ງອາຫານ ແລະ ເຄື່ອງດື່ມທີ່ຈະເອົາມາໃຊ້ວ່າ ສົດດີ ຫຼື ມີສຸຂະພາບ ດີ ບໍ.
3. ການຈັບອາຫານໂດຍບໍ່ໃຫ້ອາຫານສົກກະປົກ.
4. ເກັບອາຫານໄວ້ໃຫ້ຖືກຕ້ອງ.

## III. MANAGEMENT/PLANNING ການດຳເນີນການຈັດການ ແລະ ການວາງແຜນການກ່ຽວກັບອາຫານ.

1. ການຮັບ, ກວດເບິ່ງ ແລະ ລາຍງານການສົ່ງຂອງເຂົ້າ.
2. ການຕຽມບັນທຶກກ່ຽວກັບຂອງທີ່ປຸງສຳລັບອາຫານທີ່ສັ່ງ.
3. ກວດເບິ່ງໃຫ້ທົ່ວສິ່ງຂອງທີ່ໃຊ້ຈາກຫ້ອງເກັບຂອງ, ຫ້ອງເຢັນ ແລະ ຫ້ອງແຊ່ເຢັນເປັນນ້ຳແຂງ.

4. ການເກັບ ບັນທຶກ ອາຫານ ທີ່ຕ້ອງນຳເກັບໄວ້ຫລາຍເວລາ.
5. ຊື້ ແລະ ວັດ ສ່ວນ ປະກອບຂອງອາຫານຢ່າ ຈຳ.
6. ປ່ຽນ ລາຍຊື້ ທີ່ ມີ ລາຍການ ເຮັດອາຫານ ສຳລັບການາເຮັດ ຫລາຍ ຫຼື ນ້ອຍ.
7. ຕຽມ Menu (ລາຍການອາຫານ).
8. ຕຽມ Menu ທີ່ໃຊ້ອາຫານທີ່ເຫຼືອ.
9. ເຮັດໜ້າທີ່ແທນ ຫົວໜ້າຄົວ ເວລາບໍ່ຢູ່.
10. ເກັບອາຫານໄວ້.

## IV. PREPARE FOOD FOR COOKING ການຕຽມອາຫານສຳລັບຄົວ.

1. ການໃຊ້ເຄື່ອງແທດ ແລະ ເອັນແປ້ງ ເຂົ້າຈີ່ຂອງເນື້ອ, ອາຫານທະເລແລະໄກ່ສຳລັບ ອົບ, ຢ້າງ, ຢ້າງສັງເຫັງ ແລະ ຂົ້ວ.
2. ການປອກເປືອກ ແລະ ຕັດໃຫ້ງາມຂອງໝາກໄມ້ ແລະຜັກ.
3. ໃສ່ອາຫານສຳລັບອົບໃນເຕົາອົບ.

## V. COOK EGGS ການເຮັດອາຫານຈຳພວກໄຂ່.

1. ຕົ້ມໄຂ່.
2. ໄຂ່ດາວໄຂ່ມ້າ.
3. ທອດໄຂ່ດາວ.
4. ໄຂ່ທອດ.

## VI. COOK MEAT ການເຮັດອາຫານຈຳພວກຊີ້ນ.

1. ການອົບ ຫຼື ຢ້າງຊີ້ນ, ປາ ແລະໄກ່.

2. ການປີ້ງຊີ້ນທາຊອສ Barbeque ລວມທັງການປີ້ງປາ ແລະໄກ່.
3. ການໃຊ້ນ້ຳຊອສທີ່ເອີ້ນໄວ້ທາຊີ້ນ, ປາ ຫຼືໄກ່ ໃນຂະນະປຸງອາຫານ.
4. ການປີ້ງ Steake ແບບໃຊ້ໄຟຢູ່ເທິງ.
5. ທອດຊີ້ນ, ປາ ແລະໄກ່.
6. ການຕົ້ມໃຫ້ເປື່ອຍຂອງຊີ້ນ, ອາຫານທະເລ ແລະໄກ່.

## VII. COOK VEGETABLES ການເຮັດອາຫານທີ່ໃຊ້ຜັກ.

1. ອົບຜັກ ແລະໝາກໄມ້.
2. ຕົ້ມ, ຕົ້ມໄຟອ່ອນ ຫຼື ໜຶ້ງຜັກ.
3. ຕົ້ມ, ຕົ້ມໄຟອ່ອນ ຫຼື ໜຶ້ງໝາກໄມ້
4. ການທອດຜັກ ແລະໝາກໄມ້ດ້ວຍການໃຊ້ນ້ຳມັນຫຼາຍ.
5. ຜັດຜັກຢ່າງໄວ ບໍ່ໃຫ້ສຸກເກີນໄປ.
6. ມັນຝຣັ່ງບົດເປັນແປ້ງ ປຸງກາ.
7. ການລວກໝາກໄມ້, ຜັກ ແລະຊີ້ນ.

## VIII. PREPARE FOOD FOR SERVING ການກຽມອາຫານສຳລັບນຳມາໃຫ້ຮັບປະທານ.

1. ເພີ່ມເຕີມສິ່ງຂອງແຕ່ງອາຫານກ່ອນຈະສຳເລັດ.
2. ຫັ່ນຂາດ້ວຍມື ສຳລັບຊີ້ນທີ່ສຸກແລ້ວ.
3. ການຫັ່ນຊີ້ນທີ່ສຸກແລ້ວ ໂດຍໃຊ້ເຄື່ອງຫັ່ນໄຟຟ້າ.
4. ການແຕ່ງໜ້າ Cakes ໂດຍໃຊ້ Icings.
5. ການຕັດ Cakes ແລະ pies.
6. ການວາງ Cakes ແລະ pies ເທິງຖາດ.

IX. SALAD ການເຮັດສະລັດ.

1. ຕຽມໝາກໄມ້ ສໍາລັບເຮັດສະລັດ.
2. ຕຽມ ສະລັດ ແລະ ຂົມວຸ້ນ.
3. ຕຽມ ສະລັດຈານໃຫຍ່ Chef's ຫຼື Meat salad.
4. ຕຽມ ສະລັດທີ່ຄອຍໄວ້ ເຊັ່ນ: slaw, bean ແລະ potato.
5. ຕຽມນ້ຳ ສະລັດ: Thousand Island, French ຫຼື blue cheese.

X. SANDWICHES ອາຫານທີ່ໃຊ້ດ້ວຍແຜ່ນເຂົ້າຈີ່.

1. ການຕຽມ grilled sandwich.
2. ການຕຽມ Sandwich ແບບເປີດໜ້າ.

XI. BREAKFAST ການເຮັດອາຫານເຊົ້າ.

1. ປີ້ງ ເຂົ້າຈີ່ (Toast).
2. ເຮັດ pancakes.
3. ເຮັດ ເຂົ້າຈີ່ ແຊ່ນົມ ຊຸບໄຂ່ ທອດ (French toast).

XII. SOUPS AND SAUCES ການເຮັດແກງ ແລະ ຊອສ.

1. ຕຽມເຮັດ ນ້ຳແກງຊຸ້ມ ສໍາລັບເຮັດອາຫານ (soup stock).
2. ການເຮັດ ນ້ຳແກງຊຸ້ມ ຈົນ ໜຽວ.

## XIII. BAKING ການອົບອາຫານ.

1. ເຮັດ biscuits.
2. ເຮັດ corn bread.
3. ເຮັດ muffins.
4. ເຮັດ Cookies.
5. ເຮັດ cobbler.
6. ຕຽມໄສ້ຂອງຂະໜົມ pie.
7. ເຮັດ pie crust.
8. ເຮັດ cakes.
9. ຕຽມ glazes.
10. ຕຽມ cake icings.
11. ເຮັດ yeast breads.

## XIV. DINING AREA AND KITCHEN MAINTENANCE ສະຖານທີ່ຮັບປະທານ ອາຫານ ແລະ ການຮັກສາເຮືອນຄົວ.

1. ການລ້າງຈານ, ຈອກ, ເຄື່ອງໂຕ໊ະເງິນ, ຖາດ, ໝໍ້ ແລະ ໝໍ້ຂາງ ດ້ວຍມື.
2. ການລ້າງຈານ, ຈອກ, ເຄື່ອງໂຕ໊ະເງິນ, ຖາດ, ໝໍ້ ແລະ ໝໍ້ຂາງ ດ້ວຍເຄື່ອງຈັກ.
3. ທຳຄວາມສະອາດພື້ນ, ໜ້າຕ່າງ, ເຄື່ອງໄມ້ ແລະ counters.
4. ທຳຄວາມສະອາດຂຽງ.
5. ທຳຄວາມສະອາດ ແລະ ລະວັງຮັກສາເຮືອນຄົວ.

**Technical Lexicon:**

**English**
**English/Spanish**
**English/Laotian**

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# FOOD SERVICE TECHNICAL TERMS

CAREER DEVELOPMENT CENTER
SCHOOL OF TECHNICAL CAREERS
SOUTHERN ILLINOIS UNIVERSITY
CARBONDALE, ILLINOIS

# FOOD SERVICE TECHNICAL TERMS

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# FOOD SERVICE: Basic Food Items

## Baking Ingredients:

- baking powder
- baking soda
- cream of tartar
- puff-paste shortening
- vegetable shortening
  - Sweetex, Primex
  - Glodo
- yeast

## Chocolate and Cocoa Products:

- baking chocolate-unsweetened
- semi-sweet chocolate
- sweet cooking chocolate
- chocolate flavored syrup
- milk chocolate fudge topping
- powdered chocolate flavoring for milk
- cocoa
- hot cocoa mix

## Dairy Product: Cheese

- American cheese
- brick cheese
- cheddar cheese
- cottage cheese
- cream cheese
- Danish blue cheese
- Fontina
- Fromage de Brie
- gorgonzola
- gouda
- monterey jack
- mozzarella
- munster
- parmesan
- provolone
- ricotta cheese
- Roquefort
- romano
- Sardo
- Swiss cheese

## FOOD SERVICE: Basic Food Items - (cont.)

### Dairy Product: Milk

homogenized milk
skim milk
coffee cream
heavy whipping cream
half and half
sour cream
dry milk
2% milk
evaporated milk
buttermilk

### Flours:

all-purpose flour
bread flour
cake flour
pastry flour
rice flour
rye flour
self-rising flour
wheat flour
arrow-root starch
corn starch
corn meal
tapioca starch
bread crumb

### Fresh Produce: Fruits

apples
apricots
avocados
bananas
berries
cantaloupes
cherries
grapefruits
grapes
honeydews
lemons
mangos
nectarines
oranges
papayas
peaches

## FOOD SERVICE: Basic Food Items - (cont.)

### Fresh Produce: Fruits (cont.)

- pears
- pineapples
- plums
- watermelons

### Fresh Produce: Vegetables

- artichokes
- asparagus
- beans, green
- beets
- brussel sprouts
- broccoli
- cabbage
- carrots
- cauliflower
- celery
- chard
- chives
- corn
- cucumbers
- eggplants
- garlic
- leeks
- lettuce
- mint
- mushrooms
- okra
- onions
- parsley
- parsnips
- Pearl onions
- peas
- potatoes, Russet
- potatoes, red
- potatoes, sweet
- radishes
- romaine
- scallions
- shallots
- spinach
- squash, summer
- squash, yellow
- squash, zucchini
- tomatoes
- turnips
- watercress
- yams

## FOOD SERVICE: Basic Food Items

### Meat and Meat Products:

- meat-beef, pork, veal, lamb
- aspic
- beef base
- crackling
- chicken base
- gelatin
- suet
- sweetbreads
- chopped steak
- liver (pork or beef)
- cutlet
- filet mignon
- lambchop
- loin strip steak
- minute steak
- New York strip (steak)
- porkchop
- porterhouse steak
- T-bone steak
- scallopine
- roasts, (pork, beef, lamb, veal)
- ribs, (pork, beef, lamb, veal)
- stew meat, (pork, beef, lamb, veal)
- bacon (pork)
- sausage (pork)

### Potato Preparations:

- American fried potatoes
- au gratin potatoes
- baked potatoes
- boiled potatoes
- cottage fried potatoes
- French fried potatoes
- hash brown potatoes
- home fried potatoes
- Julienne potatoes
- mashed potatoes
- new potatoes in cream
- O'Brien potatoes
- parsley potatoes
- scalloped potatoes

## FOOD SERVICE: Basic Food Items - (cont.)

### Pasta:

- fettuccine
- lasagne
- macaroni
- elbow macaroni
- salad macaroni
- mostaccioli
- shells
- spaghetti
- spaghettini
- vermicelli

### Spices and Herbs:

- allspice
- anise
- basil - sweet basil
- bay leaf
- caraway seed
- cayenne pepper
- celery seed
- chili powder
- chives
- cinnamon
- cloves
- coriander
- cumin
- curry powder
- dill
- fennel
- garlic
- ginger
- marjoram
- mint
- mustard seed
- nutmeg
- oregano
- paprika
- parsley
- pepper - black and white
- rosemary
- sage
- sesame seed
- tarragon
- thyme

## FOOD SERVICE: Basic Food Items - (cont.)

### Salad Greens - Lettuce:

- Boston lettuce
- butter lettuce
- chicory
- Chinese cabbage
- endive
- escarole
- iceberg lettuce
- romaine

### Raw Vegetables:

- bell peppers
- celery
- chilis
- cucumbers
- mushrooms
- onions
- radishes
- scallions
- tomatoes
- zucchinis

### Sugar:

- granulated sugar
- verifine sugar
- powdered/confectioners' sugar
- brown sugar
- sanding sugar

### Tomato Products:

- catsup
- chili sauce
- tomato juice
- tomato paste
- tomato sauce
- peeled tomatoes
- stewed tomatoes
- tomato puree

### Vinegars, Dressings and Seasonings:

- cider vinegar
- distilled/white vinegar
- tarragon
- mayonnaise

## FOOD SERVICE: Basic Food Items - (cont.)

### Vinegars, Dressings and Seasonings (cont.):

- salad dressings
- salad oil
- tabasco sauce
- Worcestershire sauce
- soy sauce

FOOD SERVICE: Common Baking Terms

blend: to mix two or more ingredients thoroughly: Blending can be done by hand, by mixer or by using a kitchen spoon.

cut-in: to blend or rub a part into another.

dissolve: to cause a dry substance to be absorbed in a liquid:

a. Use a bowl or bain-marie when dissolving an item.
b. Stir the liquid with a kitchen spoon until fluid.

dust: to sprinkle with flour or sugar.

fold: a part doubled over another to blend an ingredient into a mixture using gentle, cutting strokes.

ice: to cover a cake or some other item with frosting or icing, (a) using a spatula, applying the icing with smooth, even strokes, and (b) dip the spatula into warm water at intervals for smoother, more even application.

knead: the manipulation of pressing, folding, stretching the air out of dough:

a. Kneed the dough on a floured bench.
b. Press the dough with heals of the hands while at the same time stretching.
c. Fold it in. Repeat the motions.

make up: method of mixing ingredients or handling when dividing an item into single units.

masking: to cover an item completely in order to disguise or protect it:

a. Masking is usually done with icing or a sauce.
b. Place the item on a wire rack with a sheet pan underneath.
c. Pour icing or sauce on in a smooth even flow.

mix: to merge two or more ingredients into one mass: Mixing can be done by hand or by mixer.

proof: to let yeast dough rise by setting it in a warm, moist place.

**punch**: the method of knocking air out of yeast dough after it reaches right fermentation.

**rounding**: shaping of dough pieces to seal ends and prevent bleeding:
  a. Rounding is done on a floured bench.
  b. Roll the dough piece by running the palm of the hand in a forward motion across the base of the dough.

**sifting**: passing dry ingredients through a fine screen to make them light and well-mixed: The dry ingredients may be tapped through a fine sieve or passed through a flour sifter.

**tubing**: pressing a substance through a pastry tube:
  a. Place the substance in a pastry bag, with a pastry tube in the end.
  b. Apply the pressure by pressing the top of the bag intil the substance flows in a steady stream.

**wash**: to apply a liquid to the surface of an unbaked product.
  a. Washing is usually done with a pastry brush.
  b. The liquid applied may be egg wash, water, milk or a thin syrup.

## FOOD SERVICE: Food Cutting Terms

chop: to cut into uneven bits; size may be fine, medium or coarse.

dice: to cut into cubes; size may be small, medium or large.

grate: to crush or grind by rubbing against a rough or indented surface of a grater.

grind: to crush through a grinder into fine, medium or coarse particles.

julienne: to cut in long thin strips.

mince: chop into very fine pieces.

purée: pound or mince fine, and then force through a sieve; almost the same as "mince" but finer.

shred: to cut into very fine strips.

slice: to cut food into a relatively thin but broad piece.

score: to mark the surface of certain foods with shallow slits (mainly meats).

FOOD SERVICE: General Cooking Terms

baking: cooking by dry heat; usually in an oven but occasionally on heated metals; used interchangeably with "roasting" when applied to meats cooked in uncovered containers.

barbecuing: roasting slowly; usually basting with a highly seasoned sauce.

basting: moistening meat or other food while cooking to add flavor and to prevent drying of the surface. Melted fat, meat drippings, water or water and fat may be used for basting.

beating: a brisk regular motion that lifts a mixture over and over and thereby introduces air or makes the mixture smooth.

blanching: preheating in boiling water (1) to remove inactive enzymes and shrink food for canning, freezing, and drying; (2) to aid in the removal of skins from nuts, fruits, and some vegetables.

blending: thoroughly mixing two or more ingredients.

boiling: cooking in liquid, mostly water, in which the bubbles are breaking on the surface and steam is given off. The boiling temperature of water at sea level is 100°C (212°F), but will be approximately 1°C less for every 1000-ft. elevation. The boiling point will be increased by the solution of solids in the water.

braising: cooking slowly in a covered utensil in a small amount of liquid: meat stock, water, milk, creams, etc.

breading: dipping a food into an egg-milk mixture and then into fine dry crumbs.

broiling: cooking by direct heat by placing the food under or over a clear flame.

candying: cooking in heavy syrup until plump and transparent, then draining and drying.

caramelizing: heating sugar or food containing a high percentage of sugar until a brown color and a characteristic flavor develop.

chopping: cutting food into fairly fine pieces with a knife or other sharp tools.

## FOOD SERVICE: General Cooking Terms - (cont.)

**creaming**: the working of one or more foods until soft and creamy. This term is usually applied to the mixing of fat and sugar.

**crisping**: to remove excessive moisture from foods such as cereals or crackers until crisp in a dry heat, i.e., without cover in the oven.

**cutting-in**: the combining of a solid fat with dry ingredients by a horizontal/vertical motion with knives or mixer: A fat is thus combined with dry ingredients with the least amount of blending.

**dicing**: cutting into cubes.

**dredging**: coating or sprinkling food with flour or other fine substance.

**folding**: combining ingredients by using two motions; cutting vertically through the mixture, and turning over and over by sliding the implement across the bottom of the mixing bowl with each turn.

**fricasseeing**: cooking by browning in a small amount of fat, then stewing or steaming. This method is most often applied to fowl or veal cut into pieces.

**frizzling**: cooking in a small amount of fat to produce a food that is crisp and brown with curled edges.

**frying**: cooking in hot fat. The food may be cooked in a small amount of fat (also called "pan-frying") or in a deep fat (also called "deep-fat frying").

**glacéing**: coating with a thin sugar syrup cooked to the crack stage. It may refer to a less concentrated mixture containing thickening, and used for coating certain types of rolls or pastries. (=glazing)

**grilling**: cooking by direct heat on a grill.

**grinding**: changing a food to small particles.

**kneading**: manipulation with a pressing motion accompanied by folding and stretching.

**larding**: the insertion of small strips of fat (lardoons) into or on top of uncooked lean meat or fish, to give flavor or prevent dryness.

egging and crumbing: dipping a food into diluted, slightly beaten egg, and dredging with crumbs. This treatment is used to prevent soaking of the food with fat or to form a surface easily browned.

marinating: placing a food into a marinade (usually an oil-acid mixture, such as French dressing).

melting: liquifying by the application of heat.

mincing: cutting or chopping food into very small pieces; not so fine and regular as grinding, yet finer than those produced by chopping.

mixing: uniting two or more ingredients.

pan-broiling: cooking uncovered on hot metal, such as a fry pan. The fat is removed as it accumulates. Liquid is never added.

pan-frying: cooking in a small amount of fat.

parboiling: partially cooking a food by boiling before completing the cooking process by another method.

parching: browning by the application of dry heat; usually applied to grains of corn.

paring: cutting off the outside covering, usually with a knife.

peeling: stripping off the outside cover.

planking: cooking or serving a food, usually fish or steak, on a hot wooden board or plank made especially for this purpose.

poaching: cooking in a hot liquid, the original shape of the food being retained.

pot-roasting: cooking large cuts of meat by braising.

reconstituting: restoring concentrated foods to their normal state, usually by adding water; applied to such foods as dry milk (for fluid milk) or frozen orange juice (for liquid juice).

## FOOD SERVICE: General Cooking Terms - (cont.)

**rehydration**: cooking, soaking, or using other procedures with dehydrated foods to restore water lost during drying.

**roasting**: cooking by dry heat without a cover. The term is usually applied to meat.

**sautéing**: cooking in a small amount of fat over low heat.

**scalding**: heating a liquid to a point just below boiling.

**scalloping**: baking a food, usually cut into pieces and covered with a liquid or sauce and crumbs. The food and sauce may be mixed together or arranged in alternate layers in a baking dish, with or without crumbs. "Escalloped" is a synonymous term.

**scoring**: making shallow lengthwise and crosswise slits on the surface of meat.

**searing**: browning the surface of meat by the application of intense heat for a short time.

**simmering**: cooking in a liquid in which bubbles form slowly and break just below the surface. The temperature ranged from 85°C (180°F) to a temperature just below the boiling point.

**steaming**: cooking in steam with or without pressure. Steam may be applied directly to the food, as in a steamer, or to the vessel, as in a double boiler.

**steeping**: the process of extracting flavors, colors, or other qualities by adding boiling water and allowing the mixture to stand. The mixture is always just below the boiling point.

**stewing**: simmering in a small amount of liquid.

**stirring**: mixing food materials with a circular motion. Food materials are blended or made into a uniform consistency by this process.

**toasting**: the application of direct heat until the surface of the food is browned.

**whipping**: rapid beating to increase volume by the incorporation of air.

## FOOD SERVICE: Non-English Culinary Terms

a la: in the manner of.

a la carte: single, freshly made food order; not included in dinner.

antipasto: appetizer; vegetables marinated in tomatoes.

au gratin: gratinated; browned under broiler.

au jus: with natural pan gravy.

bellevue: well decorated; beautiful to look at.

bien cuit: medium well-done.

bisque: shellfish soup made with rice puree.

bouquet garni: herbs in a bunch; for seasoning of soup, sauce, etc.

brochetts: skewers; food cooked and served on skewers.

buffetier: buffet carver cook.

canapes: small, fancy, open-faced sandwiches.

Chablis: white Burgundy wine.

Chambertin: red Burgundy wine.

chateaubriand: double tenderloin steak.

chef de cuisine: master chef and administrator.

cocotte: small, individual casserole.

connoisseur: an expert who is competent to act as a critical judge.

court-bouillon: fish stock.

crepe: small, thin French pancake.

cuisine: style of cooking.

entrée: main course.

## FOOD SERVICE: Non-English Culinary Terms - (cont.)

entremetier: vegetable and egg man.

frappé: iced.

gigot d'Agneau: lamb's leg, whole.

Hollandaise: yellow egg sauce made from yolks and butter.

hors d'oeuvres: appetizers; opening course.

patissier: pastry cook.

poissonier: fish station cook.

potager: soup station cook.

rotisseur: roast and broil cook.

roux: mixture of equal parts by weight of fat and all purpose flour. It is used as a thickening agent.

saucier: sauce cook.

sous chef: master chef; second in command.

tournant: relief (swing shift) cook.

troisieme commis: skilled cook - first year after apprenticeship.

# FOOD SERVICE: Tools and Equipment

## Cutting Hand Tools:

boning knife: used to remove bone from raw meat with minimal waste.

butcher knife: used in sectioning raw meat and cutting steaks.

cleaver: used to chop bones.

French knife: most used piece of cutting equipment; used for slicing, chopping, mincing, and dicing.

hand slicer: a narrow, long, flexible carbon steel blade: used for hand-slicing ham.

hand meat saw: used to saw through bone structure of edible animals.

paring knife: used for paring fruits and vegetables: Its point is used to remove eyes and blemishes in fruits and vegetables.

pastry wheel: used to cut all types of pastry.

pie or cake knife: used to cut and serve pies and cakes without breaking the pieces.

peeler; potato or vegetable: used to take the outer skins off the vegetables such as potatoes, cucumbers, zucchini, etc.

## Food Handling Tools:

tongs

turner - hot-cake or meat

kitchen fork

ladles - solid or perforated

scoop - melon ball or parisienne

spoons - pierced kitchen

spoons - slotted kitchen

spoons - solid kitchen

spatula - flat

spatula - offset

## FOOD SERVICE: Tools and Equipment - (cont.)

### Food Preparation Tools

- box grater
- China cap
- colander
- strainer
- wire whip - French
- wire whip - piano
- hand meat - tenderizer

### Cooking Utensils

- bain maries
- baking pan
- roasting pan
- braiser
- double boiler
- frying or sauté pan
- iron skillet
- sauce pan
- sheet pan
- skewer
- steel skillet
- stock pot
- bench brush
- flour sifter
- pastry bag
- pastry brush
- pastry tube
- rolling pan

### Stationary Equipment

- baker's scale
- portion scale
- mixing machine
- slicing machine
- food cutter or chopper
- automatic steamer
- convection oven
- deep fat fryer
- coffee urn

# FOOD SERVICE TECHNICAL TERMS

## ENGLISH-SPANISH LEXICON

CAREER DEVELOPMENT CENTER
SCHOOL OF TECHNICAL CAREERS
SOUTHERN ILLINOIS UNIVERSITY
CARBONDALE, ILLINOIS

# FOOD SERVICE TECHNICAL TERMS

## ENGLISH-SPANISH LEXICON

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## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

### Baking Ingredients: Ingredientes para Hornear

baking powder: levadura en polvo (polvo de hornear)

baking soda: bicarbonato de sosa

cream of tartar: crémor tártaro o crémor

puff-paste shortening: manteca de hojaldre

vegetable shortening: grasa manteca vegetal

yeast: levadura

### Chocolate and Cocoa Products: Productos de Chocolate y Cacao

baking chocolate-unsweetened: chocolate de hornear - no endulzado

semi-sweet chocolate: chocolate semiamargo

sweet cooking chocolate: chocolate de hornear-dulce

chocolate flavored syrup: jarabe de sabor chocolate

milk chocolate fudge topping: coronamiento de chocolate

powdered chocolate flavoring for milk: chocolate en polvo para leche

cocoa: cacao

hot cocoa mix: mezcla para cacao caliente

### Dairy Product - Cheese: Productos Lácteos - Quesos

American cheese: queso americano

brick: queso de bloque

cheddar cheese: queso cheddar

cottage cheese: requesón, queso fresco

cream cheese: queso crema, queso de natas

## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

### Dairy Product - Cheese: Productos lácteos - Quesos

Danish blue cheese: queso tipo danés
Fontina: queso Fontina
Fromage de Brie: queso Brie
gorgonzola: queso gorgonzola (italiano)
gouda: queso gouda
monterey jack: queso monterey jack
mozzarella: queso mozzarella (italiano)
munster: queso munster (alemán)
parmesan: queso parmesano
provolone: queso provolone (italiano)
ricotta cheese: queso ricotta
Roquefort: queso Roquefort (francés)
romano: queso romano
Sardo: queso Sardo
Swiss cheese: queso suizo

### Dairy Product - Milk: Productos lácteos - Leche

homogenized milk: leche homogeneizada
skim milk: leche desnatada
coffee cream: crema para cafe
heavy whipping cream: crema densa para batir
half and half: mezcla de leche y crema, mitad y mitad
sour cream: crema agria
dry milk: leche en polvo o leche polvorizada

## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

### Dairy Product - Milk: Productos lácteos - Leche

2% milk: leche de 2% crema
evaporated milk: leche evaporada
buttermilk: suero de mantequilla, leche mantecada

### Flours: Harinas

all-purpose flour: harina de utilidad general
bread flour: harina para pan
cake flour: harina para tortas
arrow-root starch: almidón de arrurruz
bread crumb: pan rallado
corn meal: harina de maíz
corn starch: almidón de maíz (Mex: maicena)
pastry flour: harina para pasteles
rice flour: harina de arroz
rye flour: harina de centeno
self-rising flour: harina de levadura instante
tapioca starch: almidón de tapioca
wheat flour: harina de trigo

### Fresh Produce - Fruits: Productos Agrícolas - Frutas

apples: manzanas
apricots: albaricoques (Mex: chabacanos)
avocados: aguacates
bananas: bananas, plátanos
berries: fresas, frambuesas, zarzamoras, etcétera

## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

### Fresh Produce - Fruits: Productos Agrícolas - Frutas

cantaloupes: variedad (o clase) de melón
cherries: cerezas
grapefruits: toronjas
grapes: uvas
honeydews: variedad (clase) de melón
lemons: limones italianos
limes: limones, limas
mangos: mangos
nectarines: griñones, nectarinas
oranges: naranjas
papayas: papayas, fruta bomba
peaches: duraznos, melocotón
pears: peras
pineapples: piñas
plums: ciruelas
watermelons: sandías

### Fresh Produce - Vegetables: Productos Agrícolas - Verduras

artichokes: alcachofas
asparagus: espárrago(s)
beans, green: judías verdes
beets: remolachas, betabeles
brussel sprouts: bretones
broccoli: bróculi

## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

### Fresh Produce - Vegetables: Productos Agrícolas - Verduras

cabbage: col

carrots: zanahorias

cauliflower: coliflor

celery: apio

chard: acelga

chives: cebollanas (Mex: cebollines)

corn: maíz

cucumbers: pepinos

eggplants: berenjenas

garlic: ajo

leeks: porros

lettuce: lechuga

mint: menta

mushrooms: champiñones (Mex: hongos)

okra: quingombó

onions: cebollas

parsley: perejil

parsnips: pastinacas

Pearl onions: cebollas perlas

peas: guisantes, (Mex: chícharos, Columbia: arvejas)

potatoes, Russet: patatas, Russet (bermejo)

potatoes, red: patatas, rojas

potatoes, sweet: batatas, camotes

radishes: rábanos

# FOOD SERVICE: Basic Food Items (Alimentos Básicos)

## Fresh Produce - Vegetables: Productos Agrícolas - Verduras

romaine: lechuga romana

scallions: escaloñas

shallots: chalotes

spinach: espinaca(s)

squash, summer: calabaza blanca

squash, yellow: cidrayote

squash, zucchini: zapallito italiano

tomatoes: tomates, (Mex: jitomates)

turnips: nabos

watercress: berro

yams: batatas, camotes

## Meat and Meat Products: Carne y Productos de Carne

meat-beef; pork; veal; lamb: carne de res, de puerco, de ternera, de cordero

aspic: gelatina de caldo de tomate

beef base: caldo de res

crackling: chicharrón

chicken base: caldo de pollo

gelatin: gelatina

suet: sebo

sweetbreads: mollejas

chateaubriand: filete de solomillo, doble

chopped steak: bistec picado, carne picada (de res)

cutlet: chuleta

## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

### Meat and Meat Products: Carne y Productos de Carne

filet mignon: filete delicado

lambchop: chuleta de cordero

loin strip steak: solomillo

minute steak: bistec al minuto

New York strip (steak): bistec Nueva York

porkchop: chuleta de puerco

porterhouse steak: bistec porterhouse

T-bone steak: bistec con hueso en "T"

scallopine: carne de ternera en lonjas delgadas salteadas en vino con condimentos

roasts (pork, beef, lamb, veal): asado de (puerco, res, cordero, ternera)

ribs (pork, beef, lamb, veal): costillas de (puerco, res, cordero, ternera)

stew meat (pork, beef, lamb, veal): guisado de (puerco, res, cordero, ternera)

bacon (pork): tocino, tocineta

sausage (pork): chorizo

### Potato Preparations: Preparaciones de Patatas (papas)

American fried potatoes: papas fritas americanas

au gratin potatoes: patatas al gratén

baked potatoes: patatas horneadas

boiled potatoes: patatas hervidas

cottage fried potatoes: papas fritas a la cabaña

French fried potatoes: papas fritas

# FOOD SERVICE: Basic Food Items (Alimentos Básicos)

## Potato Preparations: Preparaciones de Patatas (o Papas)

hash brown potatoes: papas fritas picadas

home fried potatoes: papas fritas simples

Julienne potatoes: patatas cortadas en tiras delgadas

mashed potatoes: puré de patatas

new potatoes in cream: patatas nuevas en crema

O'Brien potatoes: patatas O'Brien

parsley potatoes: patatas mayordomo

scalloped potatoes: patatas cubiertas de pan rallado y horneada en salsa

## Pasta: Fideos

fettuccine: fettuccine

lasagna: lasagne

macaroni: macarrón

elbow macaroni: macarrón en forma de codo

salad macaroni: macarrón para ensalada

mostaccioli: mostaccioli

noodles: tallarínes

shells: conchitas

spaghetti: espagueti

spaghettini: espaguetini

vermicelli: vermiceli

## Spices and Herbs: Especias y Hierbas

allspice: pimienta de tabasco, pimienta inglesa, mace: macis, macia

anise. anís

## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

### Spices and Herbs: Especias y Hierbas

basil - sweet basil: albahaca dulce

bay leaf: hoja de laurel

caraway seed: semilla de alcaravea

cayenne pepper: pimienta del ají de cayena

celery seed: semilla de apio

chili powder: polvo de chile; chile en polvo

chives: cebollanas

cinnamon: canela

cloves: clavero, clavos

coriander: cilantro, culantro

cumin: cominos

curry powder: polvo de cari

dill: eneldo

fennel: hinojo

garlic: ajo

ginger: jengibre

marjoram: mejorana

mint: menta

mustard seed: semilla de mostaza

nutmeg: nuez moscada

oregano: orégano

paprika: pimentón

parsley: perejil

## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

### Spices and Herbs: Especias y Hierbas

pepper - black and white: pimienta - negra y blanca
rosemary: romero
sage: salvia
sesame seed: semilla de sésamo
tarragon: estragón
thyme: tomillo

### Salad Greens - Lettuce: Hortalizas Verdes - Lechuga

Boston lettuce: lechuga boston
butter lettuce: lechuga blanda
chicory: achicoria
Chinese cabbage: col china
endive: endibia
escarole: escarola
iceberg lettuce: lechuga iceberg
romaine: lechuga romana

### Salad Greens - Raw Vegetables: Hortalizas Crudas - para Ensalada

bell peppers: pimientos dulces
celery: apio
chiles: chiles
cucumbers: cohombros, pepinos
mushrooms: champiñones, hongos
onions: cebollas
radishes: rábanos

## FOOD SERVICE: Basic Food Items (Alimentos Básicos)

Salad Greens - Raw Vegetables: Hortalizas Crudas - para Ensalada

scallions: escaloñas

tomatoes: tomates, (Mex: jitomates)

zucchinis: zapallitos italianos

Sugar: Azúcar

granulated sugar: azúcar granular

verifine sugar: azúcar muy fina

powdered/confectioners' sugar: azúcar en polvo, azúcar glas

brown sugar: azúcar morena; azúcar oro

sanding sugar: azúcar fina para adorno de galletitas, etc.

Tomato Products: Productos de Tomate

catsup: salsa de tomate, sazonada con vinagre, azúcar y especias

chili sauce: salsa de chile

tomato juice: jugo de tomate (jitomate)

tomato paste: masa de tomate (jitomate)

tomato sauce: salsa de tomate

peeled tomatoes: tomates pelados

stewed tomatoes: tomates guisados

tomato puree: puré de tomates

Vinegars, Dressings and Seasonings: Vinagres, Aderezos, y Condimentos

cider vinegar: vinagre de sidra

distilled/white vinegar: vinagre blanco

FOOD SERVICE: Basic Food Items (Alimentos Básicos)

Vinegars, Dressings and Seasonings: Vinagres, Aderezos, y Condimentos

tarragon: estragón

mayonnaise: mayonesa

salad dressings: aderezo para ensalada

salad oil: aceite para ensalada

tabasco sauce: salsa tabasco

Worcestershire sauce: salsa inglesa

soy sauce: salsa soya

## FOOD SERVICE: Common Baking Terms
(Terminología Fundamental de Hornear)

blend: mezclar

cut-in: mezclar o hacer penetrar frotando

dissolve: disolver

dust: empolvar

fold: doblar

ice: garapiñar, adornar

knead: amasar

make up: método de mezclar ingredientes

masking: cubrir

mix: mezclar

proof: permitir el levantamiento de masa por ponerla en un lugar húmedo y caliente

punch: golpear

rounding: formar

sifting: tamizar

tubing: entubar

wash: aplicar una capa delgada

## FOOD SERVICE: Food Cutting Terms (Terminología de Cortar)

| | |
|---|---|
| chop: | cortar |
| dice: | cortar en cubos |
| grate: | rallar |
| grind: | moler |
| julienne: | cortar en tiras delgadas |
| mince: | picar |
| purée: | hacer un puré de |
| shred: | cortar en tiras muy delgadas |
| slice: | rebanar |
| score: | rayar |

## FOOD SERVICE: General Cooking Terms (Léxico General de Cocinar)

baking: hornear

barbecuing: hacer barbacoa

basting: lardear

beating: batir

blanching: blanquear

blending: mezclar

boiling: hervir

braising: perdigar

breading: empanar

broiling: asar

candying: garapiñar

caramelizing: acaramelarse

chopping: cortar en pedazos

creaming: hacer crema de (ej. mantequilla y azucar)

crisping: hacer quebradizo (ej. galletas saturada de humedad)

cutting-in: método de combinar manteca sólido con ingredientes secos

dicing: cortar en cubos

dredging: espolvorear

folding: doblar repetidamente

fricasseeing: guisar como fricasé

frizzling: chamuscar

frying: freír

glaceing: azucarar, (Mex: cubrir), ej: higos cubiertos (=candied figs)

# FOOD SERVICE: General Cooking Terms
(Léxico General de Cocinar)

grilling: asar a la parrilla

grinding: moler

kneading: amasar

larding: mechar

egging and crumbing: envolver en huevo, y empanar

marinating: marinar

melting: fundir

mincing: picar

mixing: mezclar

pan-broiling: cocer en sartén, descubierto, escurriendo la acumulación de grasa

pan-frying: cocer con un poco de manteca

parboiling: sancochar

parching: torrar

paring: pelar con cuchillo

peeling: pelar

planking: cocer o servir sobre una tabla

poaching: escalfar

pot-roasting: perdigar trozos de carne

reconstituting: reconvertir a su consistencia normal

rehydration: rehidratar

roasting: asar

sautéing: saltear

scalding: escaldar

scalloping: asar con salsa o migas de pan

## FOOD SERVICE: General Cooking Terms
## (Léxico General de Cocinar)

scoring: rayar

searing: socarrar

simmering: hervir a fuego lento

steaming: cocer al vapor

steeping: empapar

stewing: estofar

stirring: revolver

toasting: tostar

whipping: batir

FOOD SERVICE: Non-English Culinary Terms
(Léxico Culinario - no inglés)

a la: a la

a la carte: a la carta

antipasto: entremés

au gratin: al gratén

au jus: al jugo

bellevue: bien decorada o adornada

bien cuit: medio cocida

bisque: sopa de mariscos

bouquet garni: ramo de hierbas

brochetts: brochetas

buffetier: cocinero que trincha la carne

canapes: canapés

Chablis: chablis

Chambertin: Chambertin

chateaubriand: filete de solomillo, doble

chef de cuisine: jefe de cocina

cocotte: cacerola individua

connoisseur: conocedor

court-boullion: base de pescado

crepe: panqueque francés

cuisine: arte culinario

entrée: plato principal

entremetier: cocinero de verduras y huevos

frappé: enfriado con hielo

## *FOOD SERVICE*: Non-English Culinary Terms (Léxico Culinario - no inglés)

*gigot d'Agneau*: pierna de cordero

*Hollandaise*: salsa holandesa

*hors d'oeuvres*: tapas (Mex: botana)

*patissier*: cocinero de pasteles

*poissonier*: cocinero de pescado

*potager*: cocinero de sopa

*rotisseur*: cocinero de asado

*roux*: salsa morena

*saucier*: cocinero de salsa

*sous chef*: maestro cocinero

*tournant*: cocinero auxiliar

*troisieme commis*: cocinero experto

## FOOD SERVICE: Tools and Equipment
## (Herramientas y Aparatos)

### Cutting Hand Tools: Herramientas de Mano para Cortar

boning knife: cuchilla para deshuesar

butcher knife: cuchilla para carne sin cocer

cleaver: cuchilla de carnicero

French knife: cuchilla francesa

hand slicer: cuchillo tajador

hand meat saw: sierra de mano para cortar carne con huesos

paring knife: cuchilla para pelar

pastry wheel: rueda para cortar pasteles

pie or cake knife: cuchilla para servir pasteles y tortas

peeler; potato or vegetable: peladora

### Food Handling Utensils: Utensilios de cocina; enseres de cocina

bowl: tazón

glass: vaso, vidrio, copa

kitchen fork: tenedor de cocina

ladles - solid or perforated: cazos - sólidos o perforados

scoop - melon ball or parisienne: cucharón para melónes o parisienne

spoons - pierced kitchen: cucharas de cocina - con agujeros

spoons - slotted kitchen: cucharas de cocina - con ranuras

spoons - solid kitchen: cucharas de cocina - sólidas

spatula - flat: espátula - plana

spatula - offset: espátula offset

tongs: alicates, tenazas

tray: bandeja, (Mex: charola)

turner - hot-cake or meat: utensilio para voltear tortitas calientes o carne

# FOOD SERVICE: Tools and Equipment (Herramientas y Aparatos)

## Food Preparation Tools: Utensilios para la Preparación de Comida

box grater: rallador en forma de caja

China cap: tipo de colador cónico

colander: colador

mixer: mezcladora

strainer: coladera

hand, meat - tenderizer: utensilo de mano para ablandar carne

wire whip - French: batidor de alambre - francés

wire whip - piano: batidor de alambre - de piano

## Cooking Utensils: Utensilios de Cocinar

bain maries: baño de maría

beater: batidora

baking pan: cazuela para hornear

braiser: cazuela para perdigar

double boiler: marmita doble

frying or saute pan: sartén

iron skillet: sartén de hierro

kettle: olla, paila, caldera

measuring cup: taza para medir

measuring spoon: cuchara para medir

pan: cacerola, cazuela, caldero, paila

pastry brush: brocha de pastelero

pastry tube: boquilla que se usa con bolsa para formar pasteles

roasting pan: cazuela para asar

## FOOD SERVICE: Tools and Equipment (Herramientas y Aparatos)

### Cooking Utensils: Utensilios de Cocinar

rolling pin: rollo de pastelero

sauce pan: cacerola

sheet pan: cazuela plana

skewer: brocheta

skillet: cacerola o cazuela pequeña, sartencillo

### Stationary Equipment: Aparatos Estacionarios

automatic steamer: marmita al vacio (automática)

baker's scale: balanza de panadero

coffee urn: cafetera

convection oven: horno de convección

deep fat fryer: olla profunda para freír con manteca

food cutter or chopper: máquina de cortar o picar

freezer: congelado(a)

mixing machine: máquina de mezclar, también se dice: licuadora

portion scale: balanza de porción

refrigerator: refrigerador, nevera

slicing machine: máquina de rebanar

# FOOD SERVICE TECHNICAL TERMS

## ENGLISH-LAOTIAN LEXICON

CAREER DEVELOPMENT CENTER
SCHOOL OF TECHNICAL CAREERS
SOUTHERN ILLINOIS UNIVERSITY
CARBONDALE, ILLINOIS

# FOOD SERVICE TECHNICAL TERMS

## ENGLISH-LAOTIAN LEXICON

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June 1981

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FOOD SERVICE: Basic Food Items

Baking Ingredients: ສ່ວນປະກອບອາຫານໃນການອົບ.

ammonium carbonate: ແອມໂມນຽມ ຄາບອນເນດ.

baking powder: ແປ້ງຟູ.

baking soda: ແປ້ງເບັກກິ້ງໂຊດາ.

cream of tartar; ຄຣີມ ອອບ ທາທາ.

puff-paste shortening: ໄຂມັນ.

vegetable shortening: "Sweetex," "Primex," "Glodo" ນ້ຳມັນພືດ.

yeast: ແປ້ງຢີດ.

Chocolate and Cocoa Products: ຜະລິດຕະພັນ ເຮັດຈາກ ຊັອກໂກແລດ ແລະໂກໂກ້.

baking chocolate-unsweetened: ຊັອກໂກແລດ ສຳລັບອົບ ບໍ່ໃສ່ນ້ຳຕານ.

semi-sweet chocolate: ຊັອກໂກແລດເຄິ່ງຫວານ.

sweet cooking chocolate: ຊັອກໂກແລດຫວານໄວ້ສຳລັບເຮັດອາຫານ.

chocolate flavored syrup: ນ້ຳເຊື່ອມ ຣົດຊັອກໂກແລດ.

milk chocolate fudge topping: ເຄື່ອງລາດໜ້າຂະໜົມເຮັດຈາກນົມແລະ

powdered chocolate flavoring for milk: ຊັອກໂກແລດ

cocoa: ໂກໂກ້. ແປ້ງຊັອກໂກແລດໄວ້ປະສົມກັບນົມ.

hot cocoa mix: ໂກໂກ້ຮ້ອນ.

Dairy Product: Cheese ຜະລິດຕະພັນຈາກນ້ຳນົມ: ເນີຍແຂງ.

American cheese: ເນີຍແຂງຊື່ອະເມຣິກັນ.

cheddar cheese: ເນີຍແຂງຊື່ ເຊດດ້າ.

cottage cheese: ເນີຍເປັນເມັດແປ້ງສີຂາວ.

cream cheese: ຄຣີມເນີຍແຂງ.

Danish blue cheese: ເນີຍແຂງຊື່ ເດນິສ ບລູ.

Fontina: ເນີຍແຂງຊື່ ຟອນຕີນາ.

FOOD SERVICE: Basic Food Items - (cont.)

Dairy Product: Cheese (cont.):

Fromage de Brie: ໂຟ່ຣມາ ເດີ້ ບຣີ້.
gorgonzola: ກໍກອນໂຊລາ.
gouda: ກູດາ.
monterey jack: ມ່ອນເຕີ້ເຣ ແຈກ
parmesan: ພາມີ້ຊານ.
ricotta cheese: ຣີໂຄຕາ:
romano: ໂຣມາໂນ.
Sardo: ຊາໂດ.
Swiss cheese: ຊວິສ.

Dairy Product: Milk ຜະລິດພັນຈາກນົມ.

homogenized milk: ນົມ.
skim milk: ນົມທີ່ເອົາໄຂມັນອອກເກືອບໝົດ.
coffee cream: ຄຣີ້ມສໍາລັບໃສ່ກາເຟ.
heavy whipping cream: ຄຣີ້ມຊະນິດໜັກ ສໍາລັບຕີ້ ຫຼື ປັ່ນ.
half and half: ເຄິ່ງນົມ, ເຄິ່ງຄຣີ້ມ.
sour cream: ນົມໂຣດສົ້ມ.
dry milk: ນົມຜົງ.

Flours: ແປ້ງຕ່າງໆ.

all-purpose flour: ແປ້ງໃຊ້ຫຼາຍຢ່າງ.
bread flour: ແປ້ງເຮັດເຂົ້າຈີ່.
cake flour: ແປ້ງເຮັດຂະໜົມເຄັກ.
pastry flour: ແປ້ງໜຽວ.
rye flour: ແປ້ງເຮັດຈາກເຂົ້າຣາຍ

## FOOD SERVICE: Basic Food Items - (cont.)

**Flours (cont.):**

| | |
|---|---|
| wheat flour: | ແປ້ງເຂົ້າສາລີ. (ເຂົ້າວີດ). |
| arrow-root starch: | ແປ້ງ. |
| corn starch: | ແປ້ງສາລີ. |
| corn meal: | ແປ້ງສາລີ ຊະ:ນິດຫຍາບ. |
| tapioca starch: | ແປ້ງ ສາໂຄ. |
| bread crumb: | ເຂົ້າຈີ່ປົ່ນ. |

**Fresh Produce: Fruits** ຜົລໄມ້ສົດ.

| | |
|---|---|
| apricots: | ເອປຣິຄອດ. |
| bananas: | ໝາກກ້ວຍ. |
| berries: | ເບີຣີ ຊະ:ນິດຕ່າງໆ. |
| cantaloupes: | ໝາກແຕງຈີງ. |
| cherries: | ເຊີຣີ. |
| grapefruits: | ໝາກກ້ຽງໂອໃຫຍ່. |
| grapes: | ແຣແດແຣງ- |
| honeydews: | ໝາກແຕງ ຮັນນີດິວ. |
| lemons: | ໝາກນາວ |
| mangos: | ໝາກມ່ວງ. |
| nectarines: | ໝາກ ເນັດຕາຣີນ. |
| oranges: | ໝາກກ້ຽງ |
| papayas: | ໝາກຫຸ່ງ. |
| peaches: | ໝາກ ພີຊ. |
| pears: | ໝາກ ແພ. |
| pineapples: | ໝາກ ນັດ. |

## FOOD SERVICE: Basic Food Items - (cont.)

### Fresh Produce: Fruits (cont.):

plums: ໝາກ ປລໍາ.

watermelons: ໝາກໂມ.

### Fresh Produce: Vegetables: ຜັກ ສົດ.

artichokes: ອາຕິຊົກ.

asparagus: ອາສປາຣາກາສ.

avocados: ອາໂວກາໂດ.

beans, green: ຖົ່ວ ສີຂຽວ.

brussel sprouts: ບຣາສເຊວ ຊປ່ຣາວ. (ເໝືອນຜັກກຸ ແຕ່ມັນນ້ອຍ).

broccoli: ຄ້າຍກະລໍ່າດອກ ແຕ່ເປັນສີຂຽວ.

cabbage: ຜັກກະລໍ່າ.

carrots: ຄາຣອດ.

cauliflower: ຜັກກະລໍ່າດອກ.

celery: ຜັກເຊີເລີຣີ.

chard: ຜັກກາດນາ.

chives: ຜັກຫອມນ້ອຍ.

eggplants: ໝາກເຂືອຍາວ.

garlic: ຜັກກະທຽມ.

leeks: ຜັກຫອມຕົ້ນໃຫຍ່.

lettuce: ຜັກສະລັດ.

mint: ຜັກອີ່ຕູ່. (ຜັກເສີນ)

mushrooms: ເຫັດ.

okra: ອົກ ຄຣາ.

onions: ຜັກບົ່ວ

parsley: ຜັກຊີ ຂອງພວກຕາເວັນຕົກ.

## FOOD SERVICE: Basic Food Items - (cont.)

### Fresh Produce: Vegetables (cont.):

parsnips: ໃຊ້ຮາກເປັນຜັກ.

Pearl onions: ຫອມບົວ ຫົວນ້ອຍ.

potatoes, Russet: ມັນຝລັ່ງ. (ພັນຣາເຊັດ.).

potatoes, red: ມັນຝລັ່ງ ສີແດງ.

radishes: ຫົວຜັກກາດ ແຣດິສ.

romaine: ຜັກສລັດ ຊື່ ໂຣເມັນ.

scallions: ຫົວຫອມນ້ອຍ.

shallots: ຫົວຫອມແດງ.

spinach: ສປິນແນດ ຣົດເໝືອນ ຜັກບົ້ງ.

squash, summer: ໝາກສຄວດ ເໝືອນ ໝາກບວບ.

squash, yellow: ໝາກສຄວດ ສີເຫລືອງ

squash, zucchini: ໝາກສຄວດ ຊູກີນີ.

tomatoes: ໝາກເຂືອສົ້ມ (ໝາກເລັ່ນ).

turnips: ຫົວຜັກກາດ ເທີນິບ.

watercress: ວໍເຕີເຄຣສ ຣົດເໝືອນ ຜັກຕຳລຶງ.

### Meat and Meat Products: ຊີ້ນ ແລະ ຜລິດພັນຊີ້ນ.

meat-beef; pork; veal; lamb: ຊີ້ນ ງົວ, ໝູ, ແກະ:

aspic: ວຸ້ນໃສເຮັດຈາກຊີ້ນສົດ.

beef base: ຊີ້ນຜົງ.

crackling: ໜັງກອບ.

chicken base: ຜົງ ຫຼື ແຂ່ງເຮັດຊີ້ນໄກ່.

gelatin: ວຸ້ນ.

suet: ໄຂມັນທີ່ຕິດຢູ່ຊີ້ນ ຫຼື ໄຕ.

sweetbreads: ຕັບອ່ອນ.

FOOD SERVICE: Basic Food Items - (cont.)

Meat and Meat Products (cont.):

| | |
|---|---|
| chateaubriand: | ຊີ້ນໜາ ຕັດຈາກສ່ວນກາງຂອງຊີ້ນສັນໃນ. |
| chopped steak: | ຊີ້ນມຸ່ນເປັນກ້ອນ. |
| cutlet: | ຊີ້ນທີ່ຕັດເປັນແຜ່ນບາງໆ. |
| filet mignon: | ຊີ້ນງົວ ຕັດເອົາມາຈາກສັນໃນ. |
| lambchop: | ຊີ້ນແກະ: ຕັດແຜ່ນໜາ. |
| loin strip steak: | ຊີ້ນຊເຕັກແຜ່ນບາງໆ. ທຸບໃຫ້ຊີ້ນນຸ່ມ. |
| minute steak: | ຊເຕັກແຜ່ນນ້ອຍໆ |
| New York strip (steak): | ຊີ້ນງົວທີ່ຕິດຢູ່ຕະໂພກ. |
| porkchop: | ຊີ້ນໝູ ຕັດເປັນຕ່ອນໃຫຍ່ທີ່ຕິດກະດູກ. |
| porterhouse steak: | ຊີ້ນຊເຕັກ ຕັດຈາກຊີ້ນສັນໃນ. |
| T-bone steak: | ຊີ້ນຊເຕັກ ຕິດກະດູກ ຄ້າຍໆ ຕົວທີ (T). |
| scallopine: | ອາຫານອີຕາລີຊະນິດໜຶ່ງ ໃຊ້ຊີ້ນ ແລະ ນ້ຳໝາກເລືອສົ້ມ ແລະ ເຫຼົ້າວາຍ. |

Potato Preparations: ການເຮັດອາຫານທີ່ໃຊ້ມັນຝລັ່ງ.

| | |
|---|---|
| American fried potatoes: | ມັນຝຣັ່ງທອດແບບອະເມຣິກັນ. |
| au gratin potatoes: | ມັນຝຣັ່ງທີ່ເອົາໄປຢ້າງໄຟໃຫ້ມັນເຫັນ. |
| baked potatoes: | ມັນຝຣັ່ງອົບ. |
| boiled potatoes: | ມັນຝຣັ່ງຕົ້ມ. |
| cottage fried potatoes: | ມັນຝຣັ່ງທອດເປັນແຜ່ນບາງໆ. |
| French fried potatoes: | ມັນຝຣັ່ງທອດ ຕັດແບບຍາວໆ. |
| hash brown potatoes: | ມັນຝຣັ່ງຕັດເປັນເສັ້ນນ້ອຍ (ທອດປະສົມໄປ້ຍ). |
| home fried potatoes: | ມັນຝຣັ່ງທອດແບບເຮັດໃນບ້ານ. |
| Julienne potatoes: | ມັນຝຣັ່ງຕັດສລ່ຽງ. |
| mashed potatoes: | ມັນຝຣັ່ງບົດ. |
| new potatoes in cream: | ມັນຝຣັ່ງໝາກນ້ອຍໆໃສ່ໃນນ້ຳຊຸບແບບຄຣີມ. |

## Potato Preparations (cont.):

| | |
|---|---|
| O'Brien potatoes: | ມັນຝຣັ່ງຕັດເປັນຮູບສີ່ຫລ່ຽມ ທອດໃນເນີຍ. |
| parsley potatoes: | ມັນຝຣັ່ງ ປະສົມ ຜັກຊີ ພາດສລີ້. |
| scalloped potatoes: | ມັນຝຣັ່ງ ປະສົມ ຜັກຫອມ. |

## Pasta: ເສັ້ນເຝີຕ່າງໆ.

| | |
|---|---|
| fettuccine: | ເສັ້ນ ເຝີຂນາດກາງ. |
| lasagne: | ເສັ້ນ ເຝີໃຫຍ່. |
| macaroni: | ເສັ້ນເຝີ ຫລອດ. |
| elbow macaroni: | ເສັ້ນ ເຝີ ຫລອດໂຄ້ງເໝືອນແຂນສອກ. |
| salad macaroni: | ເສັ້ນເຝີ ຫລອດ ປະສົມສລັດ. (salad). |
| mostaccioli: | ເສັ້ນເຝີ ຫລອດ ຂນາດໃຫຍ່. |
| shells: | ເສັ້ນເຝີ ເປັນຮູບຫອຍ. |
| spaghetti: | ເສັ້ນເຝີກົມ ເໝືອນ ເຂົ້າປຸ້ນ. |
| spaghettini: | ເສັ້ນ ເຝີ ກົມ ແລະ ນ້ອຍ. |
| vermicelli: | ເສັ້ນເຝີກົມ ແລະ ນ້ອຍທີ່ສຸດ. |

## Spices and Herbs: ເຄື່ອງເທດ

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| allspice: | ເຄື່ອງເທດຫລາຍຊະນິດປະສົມກັນ. |
| anise: | ເຄື່ອງເທດຊະນິດໜຶ່ງ. |
| basil - sweet basil: | ໃບບົວຣະພາ. |
| bay leaf: | ເຄື່ອງເທດເປັນໃບ. |
| caraway seed: | ເຄື່ອງເທດເປັນເມັດ. |
| cayenne pepper: | ໝາກພິກ. (ປາຍຊີ້ຟ້າ). |
| celery seed: | ເມັດເຊລາຣີ້. |
| chili powder: | ໝາກພິກປົ່ນ. |

## Spices and Herbs (cont.):

| | |
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| chives: | ຜັກຫອມ |
| cinnamon: | ຊ່ນນາມອນ. |
| cloves: | ກ້ານພູ. |
| coriander: | ຜັກຊີ. |
| cumin: | ຄຸ່ມນ. |
| curry powder: | ຜົງກະຫລີ່. |
| dill: | ດຽວ. |
| garlic: | ກະທຽມ. |
| ginger: | ຂິງ. |
| marjoram: | ມາໂຈແຣມ. |
| mint: | ຜັກເຂີ່ມ. |
| mustard seed: | ເມັດຜັກກາດ. |
| nutmeg: | ໝາກຈັນ. |
| oregano: | ອໍຣີກາໂນ. |
| paprika: | ໝາກພິກຂີ້ໜູ. |
| parsley: | ຜັກຊີພາສລີ. |
| pepper - black and white: | ໝາກພິກໄທ ສີດຳ - ສີຂາວ. |
| rosemary: | ໂຣສແມຣີ. |
| sage: | ເຊຈ. |
| sesame seed: | ໝາກງາ. |
| tarragon: | ທາຣາກອນ. |
| thyme: | ໄທມ. |

## FOOD SERVICE: Basic Food Items - (cont.)

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| Salad Greens - Lettuce: | ຜັກສຳລັບເຮັດສລັດ. |
| Boston lettuce: | ຜັກສລັດບອສຕັນ. |
| butter lettuce: | ຜັກສລັດບັດເຕີ້. |
| chicory: | ຜັກສລັດຈິກໍຣີ້. |
| Chinese cabbage: | ຜັກກະລ່ຳປີຈີນ. |
| endive: | ຜັກສະລັດເອັນດາຍ. |
| escarole: | ຜັກສລັດເອັສກາໂຣລ. |
| iceburg lettuce: | ຜັກສລັດໄອສເບີກ. |
| romaine: | ຜັກສລັດໂຣເມັນ. |

| | |
|---|---|
| Salad Greens - Raw Vegetables: | ຜັກດິບສຳລັບເຮັດສລັດ. |
| avocados: | ໝາກອາໂວກາໂດ. |
| bell peppers: | ໝາກພິກຢວກ. |
| celery: | ຜັກເຊເລີຣີ້. |
| chilis: | ໝາກພິກຈີລີ. |
| cucumbers: | ໝາກແຕງ. |
| mushrooms: | ເຫັດ. |
| onions: | ຜັກບົ່ວ. |
| radishes: | ຫົວເຣດິສ. |
| scallions: | ຕົ້ນຫອມ. |
| tomatoes: | ໝາກເລັ່ນ. |
| zucchinis: | ໝາກບວບຊູຈີນີ. |

## FOOD SERVICE: Basic Food Items - (cont,)

Salad - Herbs: ເຄື່ອງເທດສໍາລັບເຮັດສລັດ.

basil: ຜັກບົວລະພາ.

cilantro: ຊີແລນໂຕຣ.

chives: ຕົ້ນຫອມນ້ອຍ.

garlic: ກະທຽມ.

parsley: ຜັກຊີພະສລີ.

shallots: ຫົວຫອມແດງຊາລອດ.

tarragon: ທາຣາກອນ.

watercress: ວໍເທີເຄຣັສ (ເໝືອນຜັກບົ້ງ).

Sugar: ນໍ້າຕານ.

granulated sugar: ນໍ້າຕານຊາຍ.

verifine sugar: ນໍ້າຕານຊາຍເມັດລະອຽດ.

powdered/confectioners' sugar: ນໍ້າ ຕານເປັນແປ້ງ

brown sugar: ນໍ້າຕານຊາຍແດງ.

sanding sugar: ນໍ້າຕານເມັດໃຫຍ່.

Tomato Products: ຜລິດທະພັນຈາກໝາກເລັ່ນ.

catsup: ຊອສ ໝາກເລັ່ນ.

chili sauce: ຊອສ ໝາກເລັ່ນ ປະສົມ ໝາກພິກ.

tomato juice: ນໍ້າ ໝາກເລັ່ນ.

tomato paste: ຊອສ ໝາກເລັ່ນແບບຂຸ້ນ.

tomato sauce: ຊອສ ໝາກເລັ່ນແບບແຫລວ.

peeled tomatoes: ໝາກເລັ່ນປອກເປືອກ.

stewed tomatoes: ໝາກເລັ່ນສໍາລັບເອົາໄປຕົ້ມ.

tomato puree: ໝາກເລັ່ນ ປັ່ນ.

**FOOD SERVICE**: Basic Food Items - (cont.)

| | |
|---|---|
| **Vinegars, Dressings and Seasonings**: | ນ້ຳສົ້ມ, ນ້ຳສລັດ ແລະ ເຄື່ອງປຸງ |
| **cider vinegar**: | ນ້ຳສົ້ມເຮັດ ຈາກໄຊເດີ້. |
| **distilled/white vinegar**: | ນ້ຳສົ້ມກັ່ນ ສີຂາວ. |
| **tarragon**: | ຕົນທາຣາກອນ. |
| **mayonnaise**: | ແມະໂຢເນ. |
| **salad dressings**: | ນ້ຳສລັດ. |
| **salad oil**: | ນ້ຳມັນສລັດ. |
| **tabasco sauce**: | ນ້ຳໝາກພິກ ທາບາສໂກ. |
| **Worcestershire sauce**: | ວອສເຕີ້ ຊະເຕີ້ຊາຍ. |
| **soy sauce**: | ນ້ຳສະອິ້ວ. |

## FOOD SERVICE: Common Baking Terms

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| blend: | ປະສົມ ຫຼື ຄູ ສ່ວນປະກອບອາຫານໃຫ້ເຂົ້າກັນ. |
| cut-in: | ປະສົມ ອາຫານໃຫ້ເຂົ້າກັນ. |
| dissolve: | ລະລາຍ ເຊິ່ງລົງໃນ ຂອງແຫຼວ. |
| dust: | ໂຮຍ. |
| fold: | ພັບ |
| ice: | ການ ທາໜ້າຂະໜົມເຄັກ. |
| knead: | ນວດແປ້ງ. |
| make up: | ວິທີປະສົມອາຫານໃຫ້ເປັນສ່ວນໆ. |
| masking: | ການ ປົກອາຫານ. |
| mix: | ປະສົມໃຫ້ເຂົ້າກັນ. |
| proof: | ປ່ອຍໃຫ້ ຢີສຟອງໂຕຂຶ້ນ ໂດຍການເອົາໄປໄວ້ ບ່ອນອຸ່ນ. |
| punch: | ການໄລ່ລົມອອກຈາກແປ້ງ ປະສົມ. |
| rounding: | ປັ້ນແປ້ງໃຫ້ເປັນກ້ອນກົມ. |
| sifting: | ໄຮ້ (ແບບດຽວກັບການໄຮ້ເຂົ້າ) |
| tubing: | ກົດຂອງ ປະສົມໃຫ້ອອກ ມາຈາກຮູ. |
| wash: | ທາໜ້າ. |

FOOD SERVICE: Food Cutting Terms

| | |
|---|---|
| chop: | ຫັ່ນ ຫຼື ຕັດເປັນຂນາດຕ່າງໆ. |
| dice: | ຫັ່ນເປັນຕ່ອນສີ່ຫຼ່ຽມ. |
| grate: | ຂູດ. |
| grind: | ປັ່ນ ຫຼື ບົດ. |
| julienne: | ຕັດເປັນເສັ້ນຍາວໆ ແລະ ບາງໆ. |
| mince: | ຫັ່ນໃຫ້ລະອຽດ. |
| purée: | ຫັ່ນໃຫ້ລະອຽດອີ່ຫຼື. |
| shred: | ຝັກ |
| slice: | ຫັ່ນທາງຂວງ. |
| score: | ປາດແຕ່ບໍ່ໃຫ້ຂາດ. |

**FOOD SERVICE**: General Cocking Terms

**baking**: ການອົບອາຫານໃນເຕົາອົບ.

**barbecuing**: ການອົບແບບໄວ້ໄຟອ່ອນ ທາຊີ້ນ ດ້ວຍຊອສ.

**basting**: ການທາຊີ້ນ ຫຼືອາຫານໃຫ້ປຽກຢູ່ສະເໝີ.

**beating**: ການປັ່ນສ່ວນປະສົມ ໃຫ້ມັນອ່ອນ.

**blanching**: ການລວກຜັກ ຫຼື ໝາກໄມ້.

**blending**: ການປະສົມອາຫານໃຫ້ເຂົ້າກັນ.

**boiling**: ຕົ້ມຈົນຟົດ.

**braising**: ການຕົ້ມໂດຍໄວ້ໄຟອ່ອນໆແລະປິດຝາ.

**breading**: ເອົາຊີ້ນປະສົມແປ້ງແລ້ວທອດ.

**broiling**: ຢ້າງ (ປີ້ງ).

**candying**: ເອົາອາຫານຈຸ່ມລົງໃນນ້ຳເຊື່ອມ ແລ້ວເອົາໄປຕາກແດດ.

**caramelizing**: ການຂ້ຽວນ້ຳຕານໃຫ້ເປັນສີແດງ.

**chopping**: ສັບ ຫຼື ຕັດ ໃຫ້ເປັນຕອນນ້ອຍໆ.

**creaming**: ເຮັດອາຫານໃຫ້ແຫຼວ.

**crisping**: ເຮັດໃຫ້ກອບ.

**cutting-in**: ການປະສົມໄຂມັນແລະແປ້ງກ່ອນ.

FOOD SERVICE: General Cooking Terms - (cont.)

dicing: ການຕັດໃຫ້ເປັນກ້ອນສີ່ຫຼ່ຽມ.

dredging: ການເຄືອບ ຫຼືໂຮຍ ອາຫານດ້ວຍແປ້ງ.

folding: ການພັບອາຫານແບບໄລ່ຍັດໄສ້.

fricasseeing: ການຂົ້ວອາຫານໃຫ້ແໜ້ນ ນ້ອຍໜຶ່ງ.

frizzling: ການທອດໃຫ້ອາຫານກອບ.

frying: ການທອດ.

glacing: ການເຄືອບອາຫານ ດ້ວຍນ້ຳຕານເຊື້ອມ.

grilling: ການຢ້າງ ຫຼື ປີ້ງ.

grinding: ການບົດອາຫານ.

kneading: ການຕົ້ມອາຫານ.

larding: ການເອົາໄຂມັນທາງໜ້າ ເພື່ອປ້ອງກັນບໍ່ໃຫ້ແຫ້ງ.

egging and crumbing: ການຈຸ່ມອາຫານ ດ້ວຍແປ້ງໄຂ່ກ່ອນຈະທອດ.

marinating: ການເຄືອບອາຫານ.

melting: ການລະລາຍສ່ວນປະກອບເຂົ້າເຕົາ.

mincing: ການຕັດອາຫານໃຫ້ເປັນຕ່ອນນ້ອຍໆ

mixing: ການປະສົມອາຫານ.

## FOOD SERVICE: General Cooking Terms - (cont.)

pan-broiling: ການທອດອາຫານ ດ້ວຍ ໝໍ້ຂາງ ເພື່ອເອົາໄຂມັນອອກ.

pan-frying: ການທອດໂດຍໃຊ້ນ້ຳມັນນ້ອຍ.

parboiling: ການລວກ.

parching: ການຂົ້ວ.

paring: ການປອກເປືອກດ້ວຍມີດ.

peeling: ການປອກເປືອກ ດ້ວຍມື.

planking: ການ ບໍຣິການ ອາຫານ ໂດຍໃຊ້ຈານໄມ້.

poaching: ການຕົ້ມອາຫານ ໃຫ້ເປື້ອ ຄົງທີ່.

pot-roasting: ການຕົ້ມຊີ້ນ ຕອນໃຫຍ່ໆ ໃນໝໍ້ທີ່ ປິດ ຝາ.

reconstituting: ການຕື່ມ ນ້ຳໃຫ້ມັນພໍດີ ກັບ ຄວາມຕ້ອງການ.

rehydration: ການແຊ່ອາຫານ ຫຼັງຕາກແຫ້ງ.

roasting: ການ ຢ່ະ ກອບ ອາຫານ ໂດຍໃຊ້ ຄວາມຮ້ອນຈາກເຕົາອົບ.

sautéing: ການຂົ້ວໃສ່ນ້ຳມັນນ້ອຍ ແລະ ເຮັດໄຟອ່ອນໆ.

scalding: ການຕົ້ມອາຫານແຕ່ບໍ່ໃຫ້ສຸກ.

scalloping: ການຫັ່ນອາຫານ (ເຊັ່ນ ຫັ່ນ ປາ).

scoring: ການ ຊັ່ນ ໃຫ້ເປັນຕາລາງ.

**FOOD SERVICE**: General Cooking Terms - (cont.)

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|---|---|
| **searing**: | ການປີ້ງໃຫ້ແໜ້ນ. |
| **simmering**: | ການຕົ້ມໄຊ້ໄຟອ່ອນ. |
| **steaming**: | ການໜຶ້ງ. |
| **steeping**: | ການແຊ່ອາຫານໃນນໍ້າຮ້ອນ ຊົ່ວລະຍະໜຶ່ງ. |
| **stewing**: | ການຕົ້ມໄຊ້ໄຟອ່ອນ ນໍ້ານ້ອຍ. |
| **stirring**: | ການຄົນ. |
| **toasting**: | ການປີ້ງ. |
| **whipping**: | ການບົດຈີ້ນ.(ອາຫານ). |

FOOD SERVICE: Non-English Culinary Terms

a la: ໃນລັກສະນະຂອງ.

a la carte: ອາຫານສັ່ງເຮັດຂຶ້ນທັ້.

antipasto: ອາຫານເຮັດໃຫ້ຢາກ.

au gratin: ອາຫານທີ່ມີເນີຍໜ້າກອບ.

au jus: ນ້ຳຈາກຊີ້ນອົບ.

bellevue: ຕົບແຕ່ງງາມເປັນຕາເບິ່ງ.

bien cuit: ປີ້ງຊີ້ນເກືອບສຸກ.

bisque: ເຂົ້າປຽກ.

bouquet garni: ມັດເຄື່ອງເທດໃສ່ຕົ້ມ ຫຼື ແກງ.

brochetts: ໄມ້ປີ້ງ. (ໄມ້ໜີບ).

buffetier: ຄົນຈັດອາຫານບຸບເຟ່.

canapes: ອາຫານແບບແຊນວິດແຜ່ນນ້ອຍໆ.

Chablis: ເຫຼົ້າແວງຂາວ.

Chambertin: ເຫຼົ້າແວງແດງ.

chateaubriand: ຊີ້ນສັນໃນ ສຳລັບເຮັດສະເຕັກ.

chef de cuisine: ຫົວໜ້າຄົວ.

FOOD SERVICE: Non-English Culinary Terms (cont.)

cocotte: ອາຫານອົບໃນໝໍ້ດິນ

connoisseur: ຜູ້ຊຳນານໃນການຊີມອາຫານ.

court-bouillon: ນ້ຳທີ່ອອກຈາກປາ.

crepe: ແປ້ງທອດເປັນແຜ່ນບາງ.

cuisine: ແບບການເຮັດອາຫານ.

entrée: ອາຫານຊຸດໃຫຍ່.

entremetier: ຜູ້ຊ່ວຍເຮັດຊອຍອາຫານຊະນິດຜັກ ແລະ ໄຂ່.

frappé: ປະສົມກັບນ້ຳແຂງ

gigot d'Agneau: ຂາແກະ:

Hollandaise: ຊອສສີເຫຼືອງເຮັດຈາກໄຂ່ແດງກັບເນີຍ.

hors d'oeuvres: ອາຫານລໍ້ໃຫ້ຢາກ.

patissier: ຄົນເຮັດຂະໜົມແປ້ງ.

poissonier: ຜູ້ປະກອບອາຫານປາ.

potager: ຄົນເຮັດແກງ, ຕົ້ມ, ຊຸບ.

rotisseur: ຄົນຢ້າງ ແລະ ອົບອາຫານ.

roux: ການປະສົມໄຂມັນກັບແປ້ງເຮັດໃຫ້ອາຫານມັນຂຸ້ນ.

**FOOD SERVICE**: Non-English Culinary Terms (cont.)

**saucier**: ຄົນເຮັດນ້ຳຊອສ.

**sous chef**: ຮອງຫົວໜ້າ.

**tournant**: ຄົນເຮັດອາຫານຊົ່ວຄາວ.

**troisieme commis**: ຄົນປະກອບອາຫານ ມີ ຄວາມຊຳນານ [illegible].

## FOOD SERVICE: Tools and Equipment

**Cutting Hand Tools**: ເຄື່ອງມືຕັດອາຫານ.

| | |
|---|---|
| boning knife: | ມີດແຊະກະດູກ. |
| butcher knife: | ມີດຕັດຊີ້ນເປັນທ່ອນ. |
| cleaver: | ມີດຕັດກະດູກ. (ພ້າ). |
| French knife: | ມີດທີ່ໃຊ້ຫລາຍກ່ວາໝູ່. |
| hand slicer: | ມີດມັງໆ ຊອຍ. |
| hand meat saw: | ເລື່ອຍຕັດຊີ້ນຕິດກະດູກ. |
| paring knife: | ມີດ ປອກຜັກ ແລະ ໝາກໄມ້. |
| pastry wheel: | ມີດ ທີ່ ລໍ້. ສໍາລັບຕັດແປ້ງປະໜົມ. |
| pie or cake knife: | ມີດ ສໍາລັບ ຕັດ ຂະໜົມ ພາຍ ຫຼື ເຄັກ. |
| peeler; potato or vegetable: | ມີດ ປອກເປືອກມັນຝຣັ່ງ ຫຼື ຜັກ. |

**Food Handling Tools**: ເຄື່ອງຕັກອາຫານ.

| | |
|---|---|
| tongs: | ຂອງຄີບ. |
| turner - hot-cake or meat: | ບ່ວງແປ່ ໃຊ້ປີ້ນອາຫານ. |
| kitchen fork: | ສ້ອມໃຫຍ່. |
| ladles - solid or perforated: | ກະຈ່ອງ - ກະຈອງມີຮູນ້ອຍໆ. |
| scoop - melon ball or parisienne: | ບ່ວງ ສໍາລັບຕັກໝາກໄມ້. |
| spoons - pierced kitchen | ບ່ວງມີຮູນ້ອຍໆ. |

## FOOD SERVICE: Tools and Equipment (cont.)

### Food Handling Tools (cont.):

spoons - slotted kitchen: ບ່ວງທີ່ມີຮູທາງກາງ.
spoons - solid kitchen: ບ່ວງ.
spatula - flat: ບ່ວງແປ ສຳລັບປີ້ນ ອາຫານ.
spatula - offset: ບ່ວງແປ່ ເປັນຮູບຕົວຊີ(Z)

### Food Preparation Tools: ເຄື່ອງຄົວ ສຳລັບກຽມ ອາຫານ.

box grater: ເຄື່ອງຂູດອາຫານ.
China cap: ຝາປິດ.
colander: ຄ ຈວຍຕອງ
strainer: ຈວຍຕອງ.
wire whip - French: ໄມ້ຕີໄຂ່.
wire whip - piano: ໄມ້ຕີໄຂ່.
hand meat - tenderizer: ໄມ້ຕີຊີ້ນ.

### Cooking Utensils: ເຄື່ອງປຸງອາຫານ.

bain maries: ໝໍ້ອຸ່ນສອງຊັ້ນ.
baking pan: ຖາດສຳລັບອົບຂະໜົມ.
roasting pan: ຖາດສຳລັບອົບຊີ້ນ.
braiser: ຖາດທີ່ມີຝາປິດ.
double broiler: ໝໍ້ໜຶ້ງສອງຊັ້ນ (ຊຶງ).
frying or saute pan: ໝໍ້ຂາງ.
iron skillet: ໝໍ້ຂາງເຫຼັກຫລໍ່.
sauce pan: ໝໍ້ຂາງໂຄ້ງ.
sheet pan: ໝໍ້ຂາງບາງໆ.
skewer: ໄມ້ປີ້ງ (ໄມ້ຫີບ)

## FOOD SERVICE: Tools and Equipment (cont.)

| | |
|---|---|
| **Cooking Utensils (cont.):** | |
| steel skillet: | ໝໍ້ຂາງເຫຼັກກ້າ. |
| stock pot: | ໝໍ້ໃສ່ນ້ຳຫົວອາຫານ. |
| bench brush: | ແປງ |
| flour sifter: | ເຄື່ອງຫ່ອງແປ້ງ. |
| pastry bag: | ຖົງໃສ່ແປ້ງ. |
| pastry brush: | ແປງປັດແປ້ງ. |
| pastry tube: | ທໍ່ສໍາລັບໃສ່ແປ້ງ. |
| rolling pin: | ໄມ້ກົມໆສໍາລັບຄັ້ນແປ້ງໃຫ້ເປັນແຜ່ນບາງໆ. |
| **Stationary Equipment:** | ເຄື່ອງຄົວທີ່ຕັ້ງຢູ່ກັບທີ່. |
| baker's scale: | ຕາຊັ່ງນໍ້າໜັກ. |
| portion scale: | ເຄື່ອງຕວງ. |
| mixing machine: | ເຄື່ອງປະສົມອາຫານ. |
| slicing machine: | ເຄື່ອງຫັ່ນ. |
| food cutter or chopper: | ເຄື່ອງຕັດອາຫານ |
| automatic steamer: | ເຄື່ອງໜຶ້ງອັດຕະໂນມັດ. |
| convection oven: | ເຕົາອົບທີ່ຄວາມຮ້ອນແລ່ນໄປມາ. |
| deep fat fryer: | ເຄື່ອງສໍາລັບທອດອາຫານທີ່ໃຊ້ນ້ຳມັນຫຼາຍ |
| coffee urn: | ບ່ອນເກັບກາເຟ. |